

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

JULY 2021

THE LEGACY OF THE LCAC



INSIDE:

- 8** On & Off Capitol Hill
- 26** The *USS NEW JERSEY*
- 34** Americanism Essay Contest Winners



Bad to the Bone

Full tang stainless steel blade with natural bone handle —now **ONLY \$79!**

The very best hunting knives possess a perfect balance of form and function. They're carefully constructed from fine materials, but also have that little something extra to connect the owner with nature.

If you're on the hunt for a knife that combines impeccable craftsmanship with a sense of wonder, the **\$79 Huntsman Blade** is the trophy you're looking for.

The blade is full tang, meaning it doesn't stop at the handle but extends to the length of the grip for the ultimate in strength. The blade is made from 420 surgical steel, famed for its sharpness and its resistance to corrosion.

The handle is made from genuine natural bone, and features decorative wood spacers and a hand-carved motif of two overlapping feathers—a reminder for you to respect and connect with the natural world.

This fusion of substance and style can garner a high price tag out in the marketplace. In fact, we found full tang, stainless steel blades with bone handles in excess of \$2,000. Well, that won't cut it around here. We have mastered the hunt for the best deal, and in turn pass the spoils on to our customers.

But we don't stop there. While supplies last, we'll include a pair of \$99 8x21 power compact binoculars *and* a genuine leather sheath **FREE** when you purchase the **Huntsman Blade**.

Your satisfaction is 100% guaranteed. Feel the knife in your hands, wear it on your hip, inspect the impeccable craftsmanship. If you don't feel like we cut you a fair deal, send it back within 30 days for a complete refund of the item price.

Limited Reserves. A deal like this won't last long. We have only 1120 **Huntsman Blades** for this ad only. Don't let this beauty slip through your fingers. Call today!

Huntsman Blade \$249*

Offer Code Price Only **\$79** + S&P **Save \$170**

1-800-333-2045

Your Insider Offer Code: HUK547-01

You must use the insider offer code to get our special price.

Stauer® 14101 Southcross Drive W., Ste 155, Dept. HUK547-01
Burnsville, Minnesota 55337 www.stauer.com

*Discount is only for customers who use the offer code versus the listed original Stauer.com price.

California residents please call 1-800-333-2045 regarding Proposition 65 regulations before purchasing this product.

- 12" overall length; 6 1/2" stainless steel full tang blade • Genuine bone handle with brass hand guard & bolsters • Includes genuine leather sheath

Stauer... *Afford the Extraordinary.®*

**EXCLUSIVE
FREE**

Stauer® 8x21
Compact
Binoculars
-a \$99 value-
with purchase of
Huntsman Blade



BONUS! Call today and you'll also receive this genuine leather sheath!

What Stauer Clients Are Saying About Our Knives



"This knife is beautiful!"

— J., La Crescent, MN



"The feel of this knife is unbelievable...this is an incredibly fine instrument."

— H., Arvada, CO



Rating of A+

Contents

July 2021 Volume 100 Number 7



Cover: A Navy landing craft air cushion with Assault Craft Unit 5 transports the equipment and personnel of the 11th Marine Expeditionary Unit operating from the Wasp-class amphibious assault ship *USS ESSEX* (LHD-2). Marine Corps photo by Cpl. Seth Rosenberg. Above: A landing craft air cushion assigned to Assault Craft Unit 4 returns to the well deck of the amphibious assault ship *USS BATAAN* (LHD-5). Navy photo by Mass Communication Specialist Darren Newell.

Features

16

The Legacy of the Landing Craft Air Cushion

For 34 years, the LCAC has delivered cutting-edge capabilities that have kept America ready for amphibious operations around the world, and its legacy continues with the Navy's new ship-to-shore connectors.

26

The *USS NEW JERSEY* (BB-62)

This second of the four largest, strongest and fastest of the Navy's battleships would become the most decorated of all the Iowa-class vessels, earning 19 battle and campaign stars for its service.



LOYALTY, PROTECTION AND SERVICE

The FRA is a congressionally chartered, nonprofit organization advocating on Capitol Hill for current and former enlisted members of the U.S. Navy, Marine Corps and Coast Guard.

Departments

2

Communications

4

From the Bridge

6

Shipmate Forum

8

On & Off Capitol Hill

Legislative Updates

34

Americanism Essay Contest Winners

39

Membership Matters

40

Shipmate News

42

Taps

45

Looking For/Reunions

46

Auxiliary of the FRA News

*A Message from LA FRA East Coast
Regional President Virginia Jorden*

47

Finance Matters

Six Steps Toward Your Retirement Goals

National Hire A Veteran Day

Independence Day is probably the first “special day” most think about during the month of July, but National Hire A Veteran Day (July 25) is just as important. Each year, 200,000 active-duty service members leave the uniformed services, so this unique day is both recognized and promoted by federal agencies, including the Department of Labor and the Department of Veterans Affairs, just to name a few.

National Hire A Veteran Day was founded by Marine Corps veteran Dan Caporale in 2017 and was meant to be a call to action for hiring companies. That was also the year that the Honoring Investments in Recruiting and Employing American Military Veterans Act of 2017 (HIRE Vets Act) was passed. This created the HIRE Vets Medallion Program, which recognizes employers who are committed to hiring veterans.

At the Veterans Benefits Administration, there is an emphasis on hiring veterans for jobs within the organization. The VBA is not the only federal agency to encourage employers to hire veterans for their own needs. Veterans interested in jobs with the VBA can find openings at <https://benefits.va.gov/BENEFITS/jobs/index.asp>.

The Department of Veterans Affairs website has established a partnership with the Department of Labor to match vets with job possibilities in the private and public sectors. The VA careers website (www.vacareers.va.gov) lists many different types of jobs and reminds visitors that you do NOT have to be a doctor or nurse to qualify for jobs at the VBA and other VA facilities. Job openings include positions in senior leadership, IT, accounting and much more. There are also public sector jobs, some specifically for veterans and those about to retire or separate at www.USAJobs.gov.

The Department of Labor’s job search website for veterans, which can be found at www.dol.gov/agencies/vets, includes the usual job boards and training opportunities, but also promotes the spirit of National Hire A Veteran Day with information to help employers understand the value of hiring veterans.

If you are a veteran who is looking for work, it is a good idea to explore government job sites during the month of July to see what job opportunities are available. You will want to explore not only federal sites like those previously mentioned, but also your state and local government job websites as well. Remember that at the state level, a federal organization may go by a slightly different name, such as the Division of Veterans Affairs or the “State VA.” We wish you the best in finding a position that will make the most of the unique and invaluable job skills you have gained during your military service. **FRA**

In Loyalty, Protection and Service,
William D. Stevenson, Editor-in-Chief

National Officers/Board Of Directors

National President	Michael “Mick” Fulton, Imperial Beach Branch 289
National Vice President	James W. Campbell, Chesapeake Branch 40
National Executive Dir.	Christopher J. Slawinski, Navy Department Branch 181
Finance Officer	Phillip Reid, MAL
Junior PNP	Donna M. Jansky, North Shore Branch 31
National Parliamentarian	Robert G. Beese, Volusia County Branch 335
National Chaplain	Paul R. Gunther, Triangle Branch 182

Regional Presidents

Northeast/New England	Abe Zino, Buffalo Branch 23
East Coast	Brian J. Jones, Tom Vallee Branch 93
Southeast	Donald R. Gibson, Mayport Branch 290
North Central	Jerome P. Lickteig, Mo-Kan Branch 161
South Central	C. Ursula Gruetzner, Capital Area Branch 201
Southwest	Rogelio “Roger” A. Bacud, San Gabriel Valley Branch 85
West Coast	William L. Hanzel, Sunrise Branch 230
Northwest	Danny L. Hunt, Gem State Branch 382

Active Duty Advisory Council

Master Chief Petty Officer of the Navy	Russell Smith
Sergeant Major of the Marine Corps	Troy E. Black
Master Chief Petty Officer of the Coast Guard	Jason M. Vanderhaden

Reserve Advisory Council

Force Master Chief of the Navy Reserve	Christopher D. Kotz
Sergeant Major of Marine Forces Reserve	Patrick Kimble
Force Master Chief Petty Officer of the Coast Guard Reserve	George M. Williamson

FRAtoday Magazine

The monthly membership publication of the Fleet Reserve Association

Publisher Fleet Reserve Association

National Executive Director Christopher J. Slawinski

Editor-in-Chief William D. Stevenson

Managing Editor Elise M. Howard

Contributing Writer Ann Norvell Gray

Design and Art Direction FRA Staff

Advertising Sales: GLM Communications, 212-929-1300

Sales@glmcommunications.com

FRAtoday (ISSN 1935-7192) is published monthly by the FRA, 125 N. West St., Alexandria, VA. 22314-2754. A member’s subscription is covered by the member’s annual dues. Periodicals postage paid at Alexandria, Virginia, and additional offices. Publication of nonsponsored advertising in *FRAtoday* does not constitute an endorsement by the FRA or its representatives. **Postmaster: Send address changes to Member Services, FRA, 125 N. West St., Alexandria, VA 22314-2754.** *FRAtoday* is published in the interests of all current and former enlisted personnel of the U.S. Navy, Marine Corps and Coast Guard. Eligible nonmembers are entitled to subscription rates of \$45. Established Nov. 1, 1923. Title registered with the U.S. Patent Office.

FRA Administrative Headquarters

125 N. West St., Alexandria, VA 22314-2754


Telephone: 703-683-1400, 800-FRA-1924


Fax: 703-549-6610 • Email: FRAtoday@fra.org • www.fra.org

Volume 100 Number 7



 Find us on Facebook:
www.fra.org/fb

 Follow us on Twitter:
www.twitter.com/FRAHQ

 Follow us on Instagram:
www.instagram.com/FRA_HQ

Make your home more comfortable than ever

**“To you, it’s the perfect lift chair.
To me, it’s the best sleep chair I’ve ever had.”**

— J. Fitzgerald, VA

NOW
also available in
Genuine Italian Leather
(and new Chestnut color)



Pictured: Genuine Italian Leather
chair chestnut color.

**Three Chairs
in One
Sleep/Recline/Lift**



You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized

biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Genuine Italian leather, stain and water repellent custom-manufactured DuraLux™ with the classic leather look or plush MicroLux™ microfiber in a variety of colors to fit any decor. **New Chestnut color only available in Genuine Italian Leather. Call now!**

The Perfect Sleep Chair®

1-888-737-1571

Please mention code 115106 when ordering.



REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION

Footrest may
vary by model

Genuine Italian Leather
classic beauty & durability

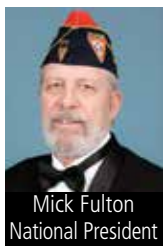
Long Lasting DuraLux™
stain & water repellent

MicroLux™ Microfiber
breathable & amazingly soft



Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it. © 2021 firstSTREET for Boomers and Beyond, Inc.

Memorial Day, Yet Again, Not the Same



Mick Fulton
National President

As I write this column, we are approaching one of the most moving holidays of the year for a veteran. With COVID-19 restrictions easing all over the country and the amount of people who are getting vaccinated increasing every day, we are slowly working our way out of this. Unfortunately for most of us, the manner in which we normally celebrate Memorial Day will be lost again this year. My branch, along with the Imperial Beach, California American Legion and VFW posts, have held a ceremony honoring all who made the ultimate sacrifice in service to our country, for more than 40 years. This year, we will again have to forgo the public gathering because the city will not issue the permit to allow us to hold the ceremony. Whatever restrictions you may be under as you read this, I hope that you took a moment on the last day in May to remember the Shipmates and other service members who made the ultimate sacrifice to allow us the freedom to do what we are doing today.

We are working our way to the end of this pandemic — hopefully! With an ever-increasing number of Americans receiving the vaccination, the daily infection rates continue to go down. This trend is driving the hospitalization rates down, and the best news of all is we are losing fewer Americans to COVID-19 every day. My wife, Nadine, and I have received both doses of our shots, and experienced hardly any side effects from either one. If you have not received your vaccination by the time you read this, please consider getting it — it's the sure way to put this pandemic behind us!

I recently had the honor and privilege of touring the *USS CONSTITUTION* while I was in Massachusetts for the Northeast/New England Regional Midyear Meeting. While the weather did not cooperate — rain, sleet, snow was the order of the day — the commanding officer, command senior chief and a couple of dedicated sailors took the time to tell the ship's story to the FRA Shipmates and auxiliary members who were in attendance.

If you are ever in the Boston area, visiting the ship should definitely be on your list of things to do. I would also like to thank the Shipmates and auxiliary members who were in attendance for the meeting and especially thank Jr. Past National President Donna Jansky for her hospitality in hosting the event! LA FRA National President Jackie Scarbro was also present to oversee the institution of the new Unit 31, which was conducted by LA FRA PNP Cindy Rodham-Tuck.

Scam Membership Suspension Email

Recently, a few branch secretaries received a scam email addressing membership suspension. If you receive anything that is not sent from a legitimate FRA email address, please disregard it. You can also double check by picking up the telephone, calling national headquarters and ask to speak with membership services.

We Are Apolitical by Design

I will close out my column this month with a plea to Shipmates who wish to disassociate themselves from the FRA because we don't voice our "official" stance on the actions of the current administration.

The FRA has always been apolitical. We only support and endorse congressional actions that benefit the sailors, Marines and guardsmen of the sea services and speak up against any congressional actions that diminish those protections. It is not in our mission statement nor defined in our charter that we should voice our opinion on the perception of the direction of the current administration. There are plenty of organizations who will take your money to allow your views to be supported, please don't blame the FRA for not supporting them, that is not within the principles that the organization was founded upon.

Stay safe and keep your Shipmates in your thoughts and prayers. **FRA**

I remain always in Loyalty, Protection and Service,
Mick Fulton

Mick is national president of the Fleet Reserve Association and may be reached by email at: FRANP@fra.org.



FREEDOM. TO BE YOU.

If you think oxygen therapy means slowing down,
it's time for a welcome breath of fresh air.

Introducing the Inogen One family of portable oxygen systems. With no need for bulky tanks, each concentrator is designed to keep you active via Inogen's Intelligent Delivery Technology.® Hours of quiet and consistent oxygen flow on a long-lasting battery charge enabling freedom of movement, whether at home or on the road. Every Inogen One meets FAA requirements for travel ensuring the freedom to be you.



- No heavy oxygen tanks
- Ultra quiet operation
- Lightweight and easy to use
- Safe for car and air travel
- Full range of options and accessories
- Clinically validated for 24/7 use



Call **1-866-813-5696** or visit **inogen.com**
for a free consultation and info guide.



MKT-P0247

Coast Guard's Role at Normandy

I enjoyed reading the "Coast Guard's Role at Normandy" in the March 2021 issue, especially about the 83-foot cutters built at the Wheeler shipyard in Brooklyn.

I resided in Brooklyn in the late 1930s and during the 1940s. My next-door neighbor worked at that shipyard — he had a large family. During World War II his oldest boy joined the Marine Corps and his next oldest boy joined the Navy and became a pharmacist mate (hospital corpsman). The small shipyard was located on the Coney Island side of the Coney Island Creek, next to the Stillwell Avenue swing bridge. The boys returned safely home after the war.

Back then Brooklyn was a Navy town. In addition to the famous Brooklyn Navy Yard, there was a large Navy supply depot next to an industrial establishment named Bush Terminal. Bush Terminal was a system of factory buildings, warehouses and piers that went for about a mile along the waterfront. The terminal had its own railroad, a fleet of tugboats and trucks. On the south end of Bush Terminal was another navy facility that trained Navy sailors assigned to the armed guard on merchant vessels. This base was also the home of the *USS SNYDER* a destroyer escort and the *USS LING*, a submarine. It remained as a Naval Reserve base until the early 1980s. About a quarter of a mile south of that location was the Brooklyn Army Terminal, also known as Port of Embarkation. This was a major departure point for troops and supplies during World War II. Its large yard handled troop and supply trains. USNS ships consisting of transports and cargo vessels would dock at its piers. Although crewed by merchant mariners, many of the ships had a navy detachment. The Floyd Bennet Naval Air Station was also located further east in Brooklyn, near the shore of the Atlantic Ocean.

Although some of the buildings on these former installations still remain, the U.S. Navy is gone and will probably never return.

Bob Delmonico, Merrick, New York

John Cooperider Profile

The May 2021 *FRAtoday* issue is an interesting issue primarily because it highlighted enlisted career sailor John Cooperider YNC, USN (Ret.). Shipmate Cooperider had a unique and out-of-the-norm navy career.

Look no further than the very interesting FRA 2020 Membership Directory for many members who briefly tell of their interesting one-of-a-kind assignments during their military service and retirement years.

Yes, a Shipmate profile is definitely a great improvement for every issue of *FRAtoday*. I did two MAGG tours — American Embassy Brussels, Belgium and American Embassy, Karachi Pakistan.

Sincerely,

Life Member for 60+ years, William R. Baxter, SKCS, USN (Ret.)

The DEW Line and Willie Victors

Your article in the April 2021 *FRAtoday* reminded me of a number of my Shipmates who flew in the "Willie Victors." The WV-2, which was later classified as the EC-1221 during the 1950s and early 1960s. They were called "Barrier Flights" and the "Aircrew Radar Operators," and flew long hours monitoring airborne radar scopes watching for an inbound aircraft from Russia that might be heading for the USA or North America. The rating was ACW. The W standing for airborne early warning operator.

Was it dangerous? On one particular flight that was on its return to home base, I observed a number of holes in the aircraft. I first thought the aircraft got too close to Soviet airspace and was fired upon. However, the aircrewmembers said, "no," but they had flown through some severe thunderstorms and the holes were lightning strikes. Later, the Naval Aviation News published photos of this aircraft.

Sincerely,

Ronald K. Puntanen, ACC, USN (Ret.)

The DEW Line and C-124

I enjoyed the article on the DEW line, however I found that one of the aircraft used in supplying the construction of the line was not mentioned. The C-124 was also used, I know, because I was a radio operator on one of them, in the days when they still had radio operators on aircraft. This was in the 1950s. Some of the sites, we would have to drop a small CAT in then the personnel would parachute in, and build the runway, then the aircraft could come in and drop off the supplies to build the site. There was one site that the runway was up a hill, they had a cutout at the top so the aircraft could turn around, the takeoff was like being on a carnival ride! That was part of my short career in the Air Force, the rest was in the Navy.

Robert Tinnin, AQ1, USN (Ret.)

FRA

Letters published in Shipmate Forum reflect the opinions and views of individual FRA members. They do not reflect the position of the FRA. The FRA is not responsible for the accuracy of letter content. **Submit** your letters to *FRAtoday*, 125 N. West St., Alexandria, VA 22314 or email them to fratoday@fra.org.

Simplicity. Savings. Stauer®SMART Best value for a Smartwatch...only \$99!

Smarten up

Some smartwatches out there require a PhD to operate. Why complicate things? Do you really need your watch to pay for your coffee? We say keep your money in your pocket, not on your wrist. **Stauer®SMART** gives you everything you need and cuts out the stuff you don't, including a zero in the price.

Keep an eye on your health with heart rate, blood pressure** and sleep monitoring capabilities. Track your steps and calories burned. Set reminders for medicine and appointments. **StauerSMART** uses Bluetooth® technology to connect to your phone. When a notification or alert arrives, a gentle buzz lets you know right away.

When it comes to battery life, **StauerSMART** has one of the most efficient batteries available--giving you up to 72 hours of power. Most Smartwatches need to be charged every 24 hours. **StauerSMART** can get you through a three-day weekend without needing a charge.

This is the smarter Smartwatch. And, at **only \$99**, the price is pretty smart too.

Satisfaction guaranteed or your money back. Try **StauerSMART** risk-free for 30 days. If you aren't perfectly happy, send it back for a full refund of the item price.

Stauer®SMART

- Track steps and calorie burn
- Monitor heart rate, blood pressure & sleep
- Set reminders for medicine & appointments
- Get notified of emails & text messages
- Personalize the dial with your favorite pic
- Up to 72 hours of battery life per charge
- Supports Android 4.4+, iOS8.2 & Bluetooth 4.0+



Stauer®SMART gives you everything you want for **only \$99...** and nothing you don't.

Stauer® SMART ~~\$299†~~

Offer Code Price **\$99** + S&P **Save \$200**

You must use the offer code to get our special price.

1-800-333-2045

Your Offer Code: **STW247-01**

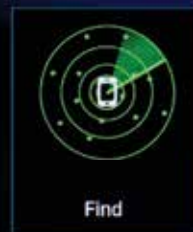
Please use this code when you order to receive your discount.



Rating of A+



Emails and
texts alerts



Find my
phone



Monitor
heart rate



Track steps
and calories

• Supports Android 4.4+, iOS8.2 & Bluetooth 4.0+ • Silicone strap • Touchscreen with digital timekeeping • Stopwatch timer • Heart rate, blood pressure & sleep monitor • Fitness tracker • Notifications: text, email, social media, & calendar alerts • Alarm clock • Water resistant to 3 ATM • USB charger included

Stauer® 14101 Southcross Drive W., Ste 155, Dept. STW247-01,
Burnsville, Minnesota 55337 www.stauer.com

* Please consult your doctor before starting a new sport activity. A Smartwatch can monitor real-time dynamic heart rates, but it can't be used for any medical purpose.

† Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

Stauer... Afford the Extraordinary.®

ON & OFF *capitol hill*

News & Notes from the Fleet Reserve Association's Legislative Team



John Davis
Director, Legislative Programs

Legislative Surge Needs Grassroots Surge

As *FRAtoday* goes to press, the FRA Legislative Team is closely monitoring the legislative process on Capitol Hill as an expected surge of legislative activity begins in earnest to get 12 spending bills and other authorization legislation marked up and passed by the Senate and House before the start of the new fiscal year (FY2022) that begins Oct. 1. Now the Senate and House subcommittees are just beginning to gear up to start the defense authorization process. Here are some of the issues the association is working on:

- Opposing any new TRICARE fee increase.
- Supporting concurrent receipt reform.
- Supporting the Military Retiree Survivor Comfort Act.
- Prohibiting forced arbitration in employment contracts for the Reserve component.
- Enforcing the Tenant Bill of Rights for military housing.
- Ensuring an adequate annual pay increase for active-duty military.
- Passing a veterans toxic exposure bill.
- Supporting adequate funding for the VA.

- Expanding TRICARE coverage for gray area retirees.
- Enacting more funding for child care on military bases.
- Opposing cuts to Basic Allowance for Housing payments and restoring BAH to 100% of housing costs.

Many of these issues, as well as others, have been introduced as legislation and are listed on the FRA Action Center at www.fra.org. Your participation is critical to enhancing the FRA's legislative agenda. To successfully advocate on your behalf, we need you to contact your elected officials to let them know these are important issues.

A strong grassroots program complements the FRA Legislative Team's efforts and has a direct influence on the association's ability to effectively represent your concerns before Congress and appropriate federal agencies. The Action Center is very user-friendly, and members can use one of the prewritten letters on specific legislation or they can compose their own message. Shipmates are urged to visit the association's website often for regular updates.

NewsBytes is the FRA's free weekly legislative update. If you would like to subscribe, please email: NewsBytes@Fra.org. Include your name and contact information in the body of the email. If you are a member of the FRA or LA FRA, please include your member number.

Veterans Toxic Exposure Bill Moves Forward with Hypertension for Agent Orange Claims

The Senate Veterans' Affairs Committee approved the Comprehensive and Overdue Support for Troops (COST) of War Act. This legislation, sponsored by SVAC Chairman Sen. Jon Tester, would allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs — one of the largest expansions of health care eligibility in the VA's history.

The bill would provide care for 11 conditions presumed to be related to exposure to burn pits and other toxins. It would also establish a new science-based and veteran-focused process for the establishment of new presumptive conditions and would provide benefits to thousands of veterans whose toxic exposures have been long-ignored or forgotten, including Agent Orange veterans who are suffering from hypertension. Although the bill passed unanimously, several SVAC members

expressed concern about the cost.

This issue was included in the FRA's testimony by National President Mick Fulton during the March 18, joint hearing of the House and Senate Veterans' Affairs committees. In addition, the FRA provided a statement for the record during the April 28, SVAC toxic exposure hearing. The FRA is a member of the Toxic Exposures in the American Military Coalition and wants to ensure that no veteran who had exposure to burn pits or other environmental toxins goes without access to VA health care benefits.

FRA NED Christopher Slawinski participated in a virtual press conference expressing support for the measure. The still unnumbered bill now goes to the full Senate for further consideration. Members can go to the FRA Action Center website at www.fra.org to weigh in on this issue. As *FRAtoday* goes to press, a similar bill is expected to be introduced in the House.

NED Participates in D.C. Memorial Day Events

FRA National Executive Director Chris Slawinski attended an event at the United States Navy Memorial in observance of Memorial Day and later attended a wreath-laying ceremony at Arlington National Cemetery in which President Joe Biden and the first lady laid a wreath at the Tomb of the Unknown Soldier.

The Department of Veterans Affairs and Arlington National Cemetery lifted coronavirus restrictions for those fully immunized in time for Memorial Day observances. The VA allowed mass flag placements across the U.S. to commemorate Memorial Day. The VA and ANC announced that most vaccinated visitors to their cemeteries — as well as those attending funeral and memorial services —

no longer will be required to wear masks or maintain an extended physical distance from others.

However, those who are not fully vaccinated or in states with more restrictive regulations still must practice the safety procedures recommended by local authorities or the Centers for Disease Control and Prevention, including wearing face coverings and maintaining social distancing.

All 155 VA national cemeteries were open Memorial Day weekend from dawn to dusk. Cemeteries with full staffs held brief wreath-laying ceremonies followed by a moment of silence and taps over Memorial Day weekend, but these were not open to the public.

SVAC Reviews Disability Claims Process

The Senate Veterans' Affairs Committee held a hearing to discuss and review the disability claims process at the Department of Veterans Affairs. The hearing focused on claims processing during and after the height of the COVID-19 pandemic. The SVAC also discussed the challenges the pandemic posed to the Veterans Benefits

Administration, lessons learned and efforts to make the disability compensation claims process more veteran-focused. During the hearing, the VA announced the centralization of all military sexual trauma claims through five regional offices to help improve accuracy in claims decisions and better support survivors.

Concerns Over Tightened Eligibility & Delayed Roll-Out of VA Caregivers Program

Senate Veterans' Affairs Committee Chairman Sen. Jon Tester (Mont.) and Sen. Patty Murray (Wash.) have expressed concerns over the Department of Veterans Affairs' tightened eligibility and delayed rollout of the expansion to its Program of Comprehensive Assistance for Family Caregivers.

Congress expanded this caregiver program to veterans of all eras under the FRA-supported VA MISSION Act of 2018. Since the law's implementation, the VA has reported more than 70,000 applications for the caregiver program, 27,000 of which have been denied. Data shows that the highest percentage of denials were due to the VA's recent requirements that eligible veterans have at least a 70% service-connected disability rating and be unable to perform at least one activity of daily living, such as

showering or getting dressed, without assistance 100% of the time. In a letter to the VA Secretary Denis McDonough, the senators pushed the VA to reconsider both the ADL and the 70% disability rules — requirements currently inhibiting caregivers' ability to receive the benefits they deserve. The senators also laid out questions regarding denials and appeals for the caregiver program, and asked what resources are needed by the VA to appropriately implement Phase 2 of the program's expansion to provide critical benefits and services to deserving veterans and their caregivers.

A copy of the letter is available online at <https://www.veterans.senate.gov/imo/media/doc/2021-05-18%20Letter%20to%20VA%20re%20Caregiver%20Program.pdf>.

SAC Subcommittee Holds Hearing on VA Telehealth

The Senate Appropriations Committee's, Military Construction and Veterans Affairs Subcommittee held their first meeting of the year in April to discuss the use of telehealth to care for veterans. Demand for telehealth skyrocketed during the pandemic across all settings, including

urban areas. The VA responded by providing internet-enabled tablets to veterans without technology. They also set up a help line to aid veterans in using the devices and also teach them how to access a telehealth visit. For more information on VA telehealth, go to <https://telehealth.va.gov/>.

VA Will Review Blue-Water Navy Claims for Vietnam Veterans

The Department of Veterans Affairs has announced it will begin immediately re-adjudicating blue-water Navy claims for veterans who served in the offshore waters of Vietnam following a push from the Senate Veterans' Affairs Committee. This review is part of the Veterans Benefits Administration's implementation of the order by the U.S. District Court for the Northern District of California to re-adjudicate previously denied claims, per the *Nehmer vs. U.S. Department of Veterans Affairs* consent decree.

"This review provides an entire generation of veterans with another shot at getting the health care and benefits they've earned," said SVAC Chairman Jon Tester (Mont.) "And it sends a clear message that VA is working to right a wrong perpetrated by a government that ignored their service and sacrifice for far too long." As of April 30, the VA had processed more than 45,000 blue-water Navy claims and paid nearly \$900 million in retroactive benefit

payments to disabled blue-water Navy veterans.

In March, Tester sent a bipartisan letter asking VA Secretary Denis McDonough to provide the VA's estimated timeline for completing initial processing of Blue Water Navy Vietnam Veterans Act claims and the VA's plan for adhering to the *Nehmer v. U.S. Department of Veterans Affairs* consent decree.

The FRA-supported Blue Water Navy Vietnam Veterans Act guaranteed that veterans who served off the shores of Vietnam could access VA health care and benefits related to their exposure to Agent Orange. Former President Donald Trump signed the bill into law on June 25, 2019.

Vietnam veterans and their survivors who believe that the VA has not assigned them the correct effective date for the award of benefits for their Agent Orange-related disease can contact the *Nehmer* team at the National Veterans Legal Services Program toll-free at 855-333-0677.

75th
Anniversary Set

★ 1944 ★ WORLD WAR II

**Genuine WWII
Shell Cartridge
Cent!**

Actual sizes are
17.9–30.6 mm

The Coins That Stormed the Beaches of Normandy

It was risky. The entire force might have been pinned down on the beaches and slaughtered, ensuring a total German victory. But on June 6, 1944, General Eisenhower went ahead with the invasion of Normandy.

The American soldiers stormed Omaha Beach with more than 5,000 ships, 11,000 aircraft and thousands of paratroopers. It was a hard-won victory, but one that spelled doom for Hitler.

75th Anniversary D-Day Collection

While our soldiers fought on, the U.S. Mint was doing their part by striking the circulating coinage used to pay workers making the supplies that helped our troops win.

Now, on the 75th anniversary of D-Day, you can take home a piece of the Allied victory with this authentic 1944 5-Piece D-Day Collection. Each set contains a Lincoln Wheat-Back Cent, Jefferson Nickel, Mercury Dime, Washington Quarter and Walking Liberty Half Dollar, all struck in 1944.

Real American Silver, Real WWII Shell Cartridge Cents

Each 1944 dime, quarter and half dollar come struck in 90% pure silver. At the time, copper was the metal needed by the war effort—so much so that the 1944 Lincoln Cent was struck from used shell cartridges!

BONUS Military Note!

In addition to this 5-coin set, you'll receive a genuine military note issued to troops in Allied-controlled France, featuring a Franc denomination and the French flag.

SAVE Over \$25

A similar set currently sells elsewhere for as much as \$75.50, and that's *without* the bonus Allied Military Note. But with this special offer, you can secure this 75th Anniversary D-Day Collection for just \$49.95 — a savings of more than \$25!

Secure your very own piece of the Allied victory now!

75th Anniversary 5-Pc. D-Day Collection
w/ Bonus Allied Military Note - \$49.95 + s/h

FREE SHIPPING on 3 or More Sets!

Limited time only. Product total over \$149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

Call today toll-free for fastest service

1-800-895-7267

Offer Code DDS226-01

Please mention this code when you call.



GOVMINT.COM®

GovMint.com • 14101 Southcross Dr. W., Suite 175, Dept. DDS226-01 • Burnsville, MN 55337

GovMint.com® is a retail distributor of coin and currency issues and is not affiliated with the U.S. government. The collectible coin market is unregulated, highly speculative and involves risk. GovMint.com reserves the right to decline to consummate any sale, within its discretion, including due to pricing errors. Prices, facts, figures and populations deemed accurate as of the date of publication but may change significantly over time. All purchases are expressly conditioned upon your acceptance of GovMint.com's Terms and Conditions (www.govmint.com/terms-conditions or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2021 GovMint.com. All rights reserved.

House Passes Veterans Legislation

The House passed 12 bills assigned to the House Veterans' Affairs Committee that uphold our promise and commitment to veterans and their families. These bills, passed with strong bipartisan support, honor veterans with action by building equity for all veterans, strengthening oversight of the Department of Veterans Affairs and COVID-19 relief funds, expanding mental health resources for veterans, and supporting veteran mothers. The HVAC bills passed out of the House in May include:

- (H.R.958) Protecting Moms Who Served Act (Rep. Underwood).
- (H.R.1448) PAWS for Veterans Therapy Act (Rep. Stivers).
- (H.R.2704) Improving VA Accountability to Prevent Sexual Harassment and Discrimination Act of 2021 (Rep. Pappas).
- (H.R.2788) VA Equal Employment Opportunity Counselor Modernization Act (Rep. Lamb).
- (H.R.2911) VA Transparency & Trust Act of 2021 (Rep. Bost).

- (H.R.240) Homeless Veterans with Children Reintegration Act (Rep. Brownley).
- (H.R.711) West Los Angeles VA Campus Improvement Act of 2021, as amended (Rep. Lieu).
- (H.R.2167) GI Bill National Emergency Extended Deadline Act, as amended (Rep. Sherrill).
- (H.R.2878) Native Vet Success at Tribal Colleges and Universities Pilot Program Act, as amended (Rep. Gallego).
- (H.R.1510) To direct the Secretary of Veterans Affairs to submit to Congress a report on the use of cameras in medical facilities of the Department of Veterans Affairs, as amended (Rep. McKinley).
- (H.R.2494) To amend title 38, United States Code, to establish in the Department the Veterans Economic Opportunity and Transition Administration, and for other purposes (Rep. Wenstrup).
- (H.R.2441) Sgt. Ketchum Rural Veterans Mental Health Act of 2021 (Rep. Axne).

These bills went to the Senate for further consideration.

FRA Weighs in on FY2022 DOD Personnel Budget

Before the Biden administration released a FY2022 budget proposal, the Senate Armed Services Personnel Subcommittee held a hearing on defense personnel programs. The FRA submitted a statement for the record in conjunction with this hearing. The statement explained the FRA's opposition to more TRICARE fee increases, the need to expand concurrent receipt and the need for an increase in accountability for military privatized housing companies. In addition, the statement also recommended an adequate active-duty pay increase, improved BAH and Uniformed Services Former Spouse Protection Act reform. The FRA statement is available on the website under the "Advocacy" tab.

Military Retiree Survivor Comfort Act Introduced in Senate

Sen. Rob Portman and four other senators have sponsored legislation (S.1669) identical to the Military Retiree Survivor Comfort Act (H.R.2214) introduced in the House by Rep. John Garamendi (Calif.) in February at the FRA's request. This legislation would allow for the retention of the full final month's retired pay by the surviving spouse, or other designated survivor, of a military retiree for the month in which the member was alive for at least 24 hours.

Surviving spouses who are unaware that the Defense Finance and Accounting Services should be notified immediately upon the death of a military retiree are surprised to learn of this requirement. Those who had

joint bank accounts, in which retirement payments were made electronically, gave little if any thought that DFAS could swoop down and recoup any overpayments of retirement pay from such accounts. This action could easily clear the account of any funds remaining, whether they were retirement payments or money from other sources. Instead of withdrawing the payment all at once, the bill would allow a gradual repayment over 12 months and would give the secretary of defense the option to forgive the overpayment.

Members are strongly urged to use the FRA Action Center located on the website at www.fra.org to weigh in on this issue.

Join millions of older Americans who are rediscovering the joy of walking

“I’m on the move again with my all-new Perfect Walker™!”

NEW

For years, I found myself walking less and less. As I got older, aches and pains in my back and legs caused me to stay in my chair, watching TV... and watching life go by. My doctor told me to be more active, and I tried. I tried canes, walkers and rollators... and I hated them. Shuffling along, hunched over, looking at the ground two feet in front of me— that didn’t seem like a fun way to get around. Then, one day, a friend introduced me to the **Perfect Walker**. Nothings going to stop me now!

The **Perfect Walker** is a revolutionary new mobility device that can change your life by changing the way you walk. It enables you to stand upright when you walk— with your spine straight and your eyes looking straight ahead. Your weight is supported by your upper arms and shoulders, some of the strongest parts of your body. Traditional walkers and rollators force you to put the pressure of your body weight on your hands and wrists. You push them in front of you, looking at the ground instead of where you are going. The **Perfect Walker** moves with you, with your body perfectly aligned and your feet free to walk in a normal fashion. It’s easy adjust height system allows it to be the perfect fit/height for anyone from 4’9” to 6’2” and supports up to 300 pounds. The new Stand Assist™ handles enable you to distribute your weight across your arms and shoulders, not your hands and wrists to help reduce back, neck, wrist pain and discomfort. It features

FREE
Utility Bag, Cane
and Beverage
Holders



- Stand-assist handles
- Comfortable Seat
- Folds easily
- Adjustable Backrest
- Optimized Center of Gravity
- Easy-brake Wheels

Plus, now you can choose between royal blue or rich bronze



comfortable arm pads, hand brakes, a fold-down seat and storage area with a backrest. It’s built with aircraft-grade aluminum to be sturdy yet lightweight, and its sleek design and oversized wheels make it perfect for tight spots in the house or walking in the yard.

Why spend another day bent over and shuffling around— or worse yet, plopped in front of the TV all day. Pick up the phone and take back your life. Call now.

Perfect Walker™

Call now Toll-Free

1-888-626-0692

Please mention promotion code 115108.

© 2021 firstSTREET for Boomers and Beyond, Inc.



HAC Subcommittee Discusses Navy and Marine Corps Quality of Life Issues

The House Appropriations Military Construction, Veterans Affairs, and Related Agencies held an oversight hearing on Navy and Marine Corps quality-of-life issues. Subcommittee Chairwoman Debbie Wasserman Schultz noted that the Trump administration redirected \$3.6 billion from military construction accounts that included 18 Navy and Marine Corps projects to build the border wall. She explained that military construction includes child development centers, security for military families and good housing. The chairwoman specifically noted concerns about Navy and Marine Corps CDC capacity and quality. Rep. Sanford Bishop Jr. (Ga.) noted the importance of improving employment opportunities for military spouses.

Master Chief Petty Officer of the Navy Russell Smith

and Sgt. Maj. of the Marine Corps Troy Black, among others, testified at this hearing. It is a long-standing subcommittee tradition to have senior enlisted testify on quality-of-life concerns. Smith noted enlisted concerns about child care. Black added that the Marines are currently adding two new CDC locations.

Witnesses were also asked about active-duty suicide, sexual assault, and the need for improvements to privatized military housing. At the hearing, the Department of Defense committed to fully implementing the Tenant Bill of Rights by June 1. The FRA is working to ensure service members and their families have safe, quality homes and communities. Members can weigh in on this issue by going to the FRA Action Center located on the website at www.fra.org.

FRA Supports Improvements to USERRA

The FRA has signed onto a letter of support for the Protecting the Employment Rights of Servicemembers Act (H.R.2195), sponsored by Rep. David Cicilline (R.I.). This important, bipartisan bill would ensure our service members can enforce their rights under the Uniformed Services Employment and Reemployment Rights Act.

USERRA prohibits discrimination based on Reserve and National Guard military service and states they are entitled to the reemployment rights and benefits of their civilian job after serving in the military. Returning service members must be promptly reemployed as if they had not been absent for military service. If an employer does not offer the same pay, benefits and status when a service member returns from duty, USERRA allows the service member to hold the employer accountable for these violations in court. However, some service members have been unable to exercise their USERRA rights due to increased use of forced arbitration clauses hidden in the fine print of employment contracts and personnel policies. The FRA wants to eliminate discrimination against uniformed service members in employment by ensuring enforcement of USERRA.

Members are urged to ask their representatives to support this bill by going to the FRA Action Center on the website at www.fra.org.

DOD and Coast Guard Civilian Employees Can Go to Exchanges

The Defense Department, effective May 1, has expanded military exchange shopping privileges to nearly 600,000 civilian DOD and civilian Coast Guard employees for at least a year, according to DOD directive 21-003. "Shopping the Exchange brings convenience to civilians working on installations," said Exchange Director and CEO Tom Shull. "They can stop by the Exchange for essentials on breaks or to and from work instead of shopping outside of the gate—and 100% of Exchange

earnings go right back to the military community."

The privilege expansion marks the third time since 2017 that the exchange's shopping base has grown. In January 2020, all veterans with service-connected disabilities were welcomed back to the installation to shop in person. On Veterans Day 2017, all honorably discharged veterans were granted online exchange shopping privileges at <https://www.shopmyexchange.com/>.

FRA

Seniors born before 1956 get new medical alert device with no monthly bills ever

It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited nationwide help with just the push of a button for a one-time \$149 price tag that's a real steal after today's instant rebate

The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the sleek new medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to unlimited nationwide help everywhere cell service is available with no contracts, no deposits and no monthly bills ever.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works at home or anywhere, anytime cell service is available whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you instantly get connected to free unlimited help nationwide with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"FastHelp is a state of the art medical alert device designed to make you look important, not old. Old style monitored help buttons you wear around your neck, or require expensive base station equipment or a landline are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Millions of seniors fall every year and spend hours lying on the floor helpless and all alone with no help.

But seniors who fall and get immediate help are much more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still

risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are calling to cash in the whopping \$150 instant rebate before the 7 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves later this year because seniors born before 1956 can get it now just by calling the toll free hot line printed in today's newspaper to cash-in the \$150 instant rebate before the 7-day deadline ends. If lines are busy keep trying, all calls will be answered. ■



■ **FLYING OUT THE DOOR:** Trucks are being loaded with the new medical alert devices called FastHelp. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to unlimited nationwide help everywhere cell phone service is available with no contracts, no deposits and no monthly bills ever.

HOW TO GET IT:

► **IF BORN BEFORE 1956:** To get the instant rebate call this Toll-Free Hotline: 1-866-218-6698 EXT. HELP2907

► **IF BORN AFTER 1956:** You cannot use the rebate and must pay \$299 Call: 1-866-222-4680 EXT. HELP2907

THE BOTTOM LINE: You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp after the \$150 instant rebate is a real steal at just \$149 and shipping and there are no monthly bills ever.

PROS: It's the sleek new medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited nationwide help everywhere cell service is available with no contracts or deposits. It connects you to the vast available network of cellular towers for free so it saves seniors a ton of money because there are no monthly bills ever making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until later this year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 7 days. For those who miss that deadline, the sleek little medical alert device will set you back over \$300 bucks.



P7206A OF22221R-1

FASTHELP IS COVERED BY A 30-DAY MONEY BACK GUARANTEE LESS SHIPPING AND A 1 YEAR LIMITED WARRANTY. FASTHELP WILL NOT BE ABLE TO MAKE 911 CALLS WHEN CELLULAR SERVICE IS NOT AVAILABLE. FASTHELP IS A 3G GSM DEVICE. WE SUGGEST TESTING CELLULAR CONNECTION BEFORE USE. SEE OWNERS MANUAL. SERVICE MAY NOT BE AVAILABLE IN REMOTE OR HIGH DENSITY AREAS. FASTHELP WILL USE GPS TRIANGULATIONS TO APPROXIMATE YOUR LOCATION WHEN YOUR DEVICE IS TURNED ON. OH RESIDENTS ADD SALES TAX. UNIVERSAL PHYSICIANS 7747 SUPREME AVE, NORTH CANTON, OH 44720.

THE LEGACY OF THE LANDING CRAFT AIR CUSHION



Reflecting on 34 Years of Unparalleled Service


By Elise M. Howard

There is something undeniably cool about a hovercraft whizzing across nearly 200 nautical miles of ocean at over 40 knots with an M1 Abrams tank on its deck. Cooler still is watching it glide effortlessly onto the beach to deliver that tank to its destination on dry land. But despite its awe-inspiring capabilities, the landing craft air cushion, or LCAC, faced calls for its early retirement less than 10 years after its first deployment in 1987. How has the LCAC survived to see active service in 2021? Quite simply, by doing what no other craft in the Navy can do. For 34 years, the LCAC has delivered cutting-edge capabilities that have kept America ready for amphibious operations around the world, and its legacy continues with the Navy's new ship-to-shore connectors.

A New Kind of Landing Craft

Based on research in the early 1970s with the Amphibious Assault Landing Craft test vehicle, two competing prototypes for an amphibious hovercraft were created by Aerojet General and Bell Aerospace. Bell ultimately won the contract to produce what would become known as the landing craft air cushion. The first operational craft was delivered in 1984, and after extensive testing, it deployed in 1987.

Although the LCAC could hold only one-third of the cargo and one-fifteenth of the personnel of its predecessor, the landing craft utility, it traveled 4 times faster than the LCU. This speed allowed the LCAC to reach land while its supporting ship was still over the horizon, out of the range of many shore-based defenses and mines near the beach. Its speed also allowed the LCAC to operate with the element of



A landing craft air cushion with Assault Craft Unit 5 transports 11th Marine Expeditionary Unit equipment and personnel operating from the Wasp-class amphibious assault ship *USS ESSEX* (LHD-2) in the Pacific Ocean in March. U.S. Marine Corps photo by Cpl. Seth Rosenberg.



Three Coast Guard 25-foot small response boats are loaded onto a U.S. Navy hovercraft from Assault Craft Unit 5. The Navy LCAC is helping to move Coast Guard boats, equipment and personnel from Maritime Safety and Security Team Los Angeles-Long Beach in preparation for a four-day exercise. Coast Guard photograph by Petty Officer 1st Class Adam Eggers.

surprise, arriving on the beach 30 minutes after being visible on the horizon, a trip that took the LCU two to four hours. Additionally, the fact that the LCAC flew on a cushion of air above the water allowed it to access more than 70% of the world's shoreline rather than the approximately 15% accessible by LCU, according to the Navy's LCAC fact file.

Despite some complaint in Washington about the average \$27 million per craft price tag, the LCAC did represent a significant savings in personnel costs. It required only five crewmen to operate instead of the LCU's 10 and could be guided into a supporting ship's well deck by four people while other shipboard operations, including those on the flight deck, continued uninterrupted. In contrast, to receive an LCU, a supporting ship had to cease flight operations for at least two hours to ballast the ship, load the LCU into the well deck with the assistance of 30 linehandlers and petty officers, fill the LCU with cargo or personnel, launch the LCU, and then unballast the ship.

Still, the 1980s Navy was not fully sold on the idea

of a landing craft that carried significantly less than their 1960s LCUs. Tenacious insistence on the part of the Marine Corps, however, made today's LCAC fleet a reality.

"The commandant and the leadership in the Marine Corps (were) fighting ... to not be basically sitting ducks in slow landing craft during amphibious assaults," said FRA National President Mick Fulton, whose active-duty Navy service included working with one of the Navy's acquisition departments while creating the LCAC training simulator.

Little did they know how quickly the need for a fast and flexible landing craft would arise.

Proving Itself One Mission at a Time

In 1990 and 1991, the LCAC had the chance to demonstrate its unparalleled abilities during operations Desert Shield and Desert Storm. In an interview for a 1992 issue of *Amphibious Warfare Review*, Maj. Gen. Harry Jenkins Jr. described his use of the LCAC as the commander of the 4th Marine Expeditionary Brigade during operations Desert Shield and Desert



The Navy's newest ship-to-shore connector hovercraft arrived at Naval Surface Warfare Center Panama City Division, Florida, Sept. 2, 2020. The two craft, LCAC-100 and LCAC-101, were escorted by NSWC PCD's research, development, test and evaluation craft LCAC-91. This was part of the Navy's ship-to-shore connector program which calls for the procurement of 72 craft with a 73rd craft serving as a test and training craft. Photo by Ronald Newsome, Naval Surface Warfare Center Panama City Division.

Storm: "We used it during day and night transport, for the assault echelon, for logistics, for raids. ... We didn't have to land in Kuwait because our presence and our capability to strike at a wide choice of locations, at a time of our choosing, fixed Iraqi forces along the coast enabling I MEF (1st Marine Expeditionary Force) to destroy them from the rear."

Soon after, the LCAC demonstrated its utility in noncombat operations during Operation Sea Angel. In April 1991, a catastrophic cyclone killed an estimated 140,000 people in Bangladesh and left millions of others homeless. Local agriculture was also devastated by the storm, placing those who survived at risk of starvation.

"Shallow tributaries, extremely high tides, and strong currents made conventional landing craft almost useless, but not the LCAC," wrote Navy Lt. Cmdr. K.L. Schmitz in a 1996 analysis of the LCAC's performance. "Four LCAC handled the bulk distribution of food and medical supplies to the devastated area, delivering 1526 tons to the outlying areas."

These operational successes, however, came at a high financial cost. Much of the LCAC had been built like an aircraft rather than a ship, and key components did not fare well under repeated exposure to salt water. The craft also featured four engines, four lift fans, two auxiliary power units and eight gearboxes, which added significant mechanical complexity to maintenance and repairs. The LCAC's aluminum hull was also an anomaly among a steel Navy, requiring repair by specially qualified hull maintenance technicians.

Schmitz's 1996 analysis, "LCAC versus LCU: Are LCAC Worth the Expenditure?," reported that each of the Navy's LCACs cost \$1 million per year to maintain, compared to the \$850,000 it cost to maintain the entire fleet of 34 LCUs. For lawmakers looking to cut the defense budget, retiring the LCAC halfway through its intended service life seemed like an easy choice. However, the LCAC's speed, over-the-horizon capability, reduced demand on its support ship and unparalleled beach access had carved out a unique role for the craft that could not be filled by any



Sailors assigned to Assault Craft Unit 4 perform maintenance on a landing craft, air cushion in the well deck of an amphibious assault ship that is preparing for an upcoming deployment. Navy photo by Mass Communication Specialist Seaman Levi Decker.

other vessel. The Navy continued to purchase them, ultimately taking delivery of 91 LCACs by 2001.

Serving the Fleet Today

In the 21st century, LCACs have been used in mine countermeasure, evacuation support and lane breaching operations in addition to Marine Corps and special warfare amphibious landings. The LCAC's highest profile missions, however, have been those providing humanitarian aid to devastated coastal regions following natural disasters. From Indonesia, Japan and Lebanon to Haiti and New Orleans, the LCAC has gone where no other ship could to bring desperately needed relief.

Since 2001, LCACs have been undergoing a service life extension program to modernize the craft's communications and navigation equipment, improve engine performance, and address several high-cost maintenance issues. Additionally, a Personnel Transport Module has been developed to increase the LCAC's troop-carrying capacity from 24 to 204 people when needed. Keeping the LCAC fleet

equipped with up-to-date technology has maintained America's readiness to rapidly deploy amphibious assault units and their equipment to beaches around the world.

The LCAC Experience

Aboard the LCAC during any given mission is a tight-knit crew of five enlisted personnel: the craftmaster, who pilots the craft; the engineer, who manages the propulsion, lift and control systems; the navigator, who operates the radar, navigation and communications equipment; the deck engineer, who maintains the engines and the propulsion and lift systems; and the loadmaster, who carefully balances and secures the cargo. Redundancy in the craft's design is reflected by redundancy in the training of its small crew. Mick Fulton, who served as an LCAC craftmaster, recalled one blustery night when that cross-training was critical as he tried to navigate into a well deck blind.

"It was probably about a Sea State 2 — high 2, maybe low 3 — 6-to-10-foot swells. ... And then the

The Invention of the Year

The world's lightest and most portable mobility device



The Zinger folds to a mere 10 inches.

Once in a lifetime, a product comes along that truly moves people.

Introducing the future of battery-powered personal transportation... The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"
—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when

folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-643-4029

Please mention code 115107 when ordering.





A landing craft air cushion from Assault Craft Unit 4 departs the well deck of the multipurpose amphibious assault ship *USS BATAAN* during well deck operations. *BATAAN* was underway conducting at-sea training. Photo by Petty Officer 3rd Class Shamus O'Neill.

windshield wiper on my position failed. ... The craft was always taking spray, so ... I'm basically taking verbal inputs from my engineer, who had his wiper working right next to me," Fulton recounted. "(I) felt comfortable with him giving me directions and was able to get it into the well safely. ... One of the maintenance chiefs, he was in the OIC (officer in charge) seat behind me, and he wasn't as comfortable as I was, let's put it that way. He was grateful when we got up inside."

Even when not flying in Sea State 3, the most intensive weather condition in which the craft is designed to operate, piloting the LCAC is no easy task.

"Sitting in the craftmaster seat, you had a yoke assembly that was similar to a steering wheel that had your bow thruster control," Fulton explained. "Then down below, you had rudder pedals that both your feet were on. Those controlled the rudders that were behind the propellers. And then on the left-

hand side of your seat, on the console in between the craftmaster and the engineer, were pitch control levers that controlled the forward and reverse pitch on the propellers themselves. So you basically had to operate the craft using all of your extremities."

In addition to the difficulty of mastering the controls, the LCAC also presents challenges unique to a hovercraft. Because it floats above the water on a cushion of trapped air, the LCAC is more susceptible to temperature extremes, humidity changes and external forces like wind than conventional landing craft. The craft naturally seeks the lowest terrain possible, whether on land or at sea, which requires the craftmaster to continuously look at the landscape ahead to plan how he will compensate for this unique tendency. Thanks to the efforts of Fulton and others in the 1990s, all members of the LCAC crew have time to train for these hovercraft-specific challenges in flight simulators before stepping aboard an actual craft.



LIVE LIFE PAIN FREE

Back Pain • Knee Pain • Ankle Pain • Foot Pain

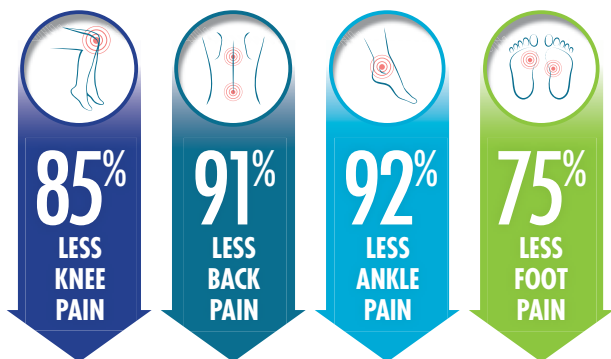


PATENTED VERSOSHOCK® SOLE SHOCK ABSORPTION SYSTEM



Corrective Fit Orthotic*
\$50 Value Free
podiatrist-grade support with
every shoe purchase
Excludes sandals.

**may help with Plantar Fasciitis*



*Results of a double-blind study conducted by Olive View UCLA Medical Center.

Enjoy the benefits of exercise with GDEFY

- ✓ Ultimate Comfort
- ✓ Renewed Energy
- ✓ Maximum Protection
- ✓ Improved Posture

G-DEFY MIGHTY WALK \$135

This product is not intended to treat, cure or prevent any disease.

**X-WIDE
WIDTH
AVAILABLE**

Men Sizes 7.5-15 M/W/XW

- Gray TB9024MGS
- Blue/Black TB9024MLU
- Black TB9024MBL

Women Sizes 6-11 M/W/XW

- Gray TB9024FGS
- Salmon/Gray TB9024FGP
- Purple/Black TB9024FLP



VersoShock® U.S. Patent #US8,555,526 B2. May be eligible for Medicare reimbursement. \$20 off applies to orders of \$100 or more for a limited time. Cannot be combined with other offers. 9% CA sales tax applies to orders in California. Shoes must be returned within 30 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.

\$20 OFF YOUR ORDER

Promo Code MM4GNQ6

www.gdefy.com

Expires October 31, 2021

**Free Exchanges • Free Returns
100% Satisfaction Guaranteed**

Call 1(800) 429-0039

Gravity Defyer Medical Technology Corp.
10643 Glenoaks Blvd. Pacoima, CA 91331



Electronics Technician Jodi Geibel, command navigator of Assault Craft Unit 5 in Naval Beach Group 1, operates the navigation system aboard a landing craft air cushion. The navigator sits in the upper starboard cabin, along with the craftmaster, engineer, and officer in charge or wave commander, if one is present. U.S. Marine Corps photo by Pfc. Andrew Cortez.

Leaving a Legacy

In July 2012, Textron Systems won the contract to create the LCAC's replacement, and last year the Navy took delivery of the first two of them. These ship-to-shore connectors, or SSCs, could not be more clearly descended from the LCAC; the first two have even been designated LCAC-100 and LCAC-101. The SSC's dimensions and overall configuration are very similar to the LCAC's, which will allow for seamless integration with the Navy's current well-deck-equipped ships, expeditionary transfer docks and expeditionary sea bases.

The SSCs meet the Navy's primary requirement of being able to carry the heaviest equipment in the Marine Corps' inventory, an M1A1 Abrams tank with a mine plow attachment, which totals 74 tons. Additionally, it has been designed with fewer lift fans, auxiliary power units and gearboxes, as well as longitudinally mounted engines, to reduce the

mechanical complexity of repairs and maintenance. The SSC will also be more fuel-efficient and feature more composite components designed to resist salt water corrosion. Naval Sea Systems Command notes on their website that the SSC's design will "address the top 25 high maintenance drivers of (the) LCAC."

Although the sun is setting on the LCAC's time at sea, for decades to come, the ship-to-shore connector will stand as a testimony to the LCAC's legacy of speed, flexibility and access. The LCAC has proven that hovercraft are not a novelty, but a necessity to the modern Navy. The versatile craft will be remembered by the many thousands of people who have received humanitarian aid on their devastated coastlines, by the service members who have been brought safely to shore mission after mission, and of course, by the dedicated members of the LCAC's small enlisted crews. **FRA**

Men's Virility Restored in Clinical Trial; 275% More Blood Flow in 5 Minutes

A newly improved version of America's best-selling male performance enhancer gives 70-year-old men the bedroom performance they enjoyed in their 30's.

America's best-selling sexual performance enhancer just got a lot better.

It's the latest breakthrough for nitric oxide – the molecule that makes erections possible by increasing blood flow to your penis.

Nitric oxide won the Nobel Prize in 1998. It's why "the little blue pill" works. More than 200,000 studies confirm it's the key to superior sexual performance.

And this new discovery increases nitric oxide availability resulting in even quicker, stronger and longer-lasting erections.

One double-blind, placebo-controlled study (the "gold-standard" of research) involved a group of 70-year-old-men.

They didn't exercise. They didn't eat healthy. And researchers reported their "nitric oxide availability was almost totally compromised," resulting in blood flow less than HALF of a man in peak sexual health.

But only five minutes after the first dose their blood flow increased 275%, back to levels of a perfectly healthy 31-year-old man! "It's amazing," remarks nitric oxide expert Dr. Al Sears. "That's like giving 70-year-old men the sexual power of 30-year-olds."

WHY SO MUCH EXCITEMENT?

Despite the billions men spend annually on older nitric oxide therapies, there's one well-known problem with them.

They don't always work.

A very distinguished and awarded doctor practicing at a prestigious Massachusetts hospital who has studied Nitric Oxide for over 43 years states a "deficiency of bioactive nitric oxide... leads to impaired endothelium-dependent vasorelaxation."

In plain English, these older products may increase levels of nitric oxide. But that's only half the battle. If it's not bioactively available then your body can't absorb it to produce an erection.

Experts simply call it the nitric oxide "glitch." And until now, there's never been a solution.

NEXT GENERATION

NITRIC OXIDE FORMULA

FLYING OFF SHELVES

Upon further research, America's No. 1 men's health expert Dr. Al Sears discovered certain nutrients fix this "glitch" resulting in 275% better blood flow.

He's combined those nutrients with proven nitric oxide boosters in a new formula called

Primal Max Red. In clinical trials, 5,000 mg is required for satisfying sexual performance. *Primal Max Red* contains a bigger, 9,000 mg per serving dose. It's become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of more than 500 scientific papers. Thousands of people listened to him speak at the recent Palm Beach Health & Wellness Festival featuring Dr. Oz. NFL Hall of Fame quarterback Joe Namath recently visited his clinic, the **Sears Institute for Anti-Aging Medicine**.

Primal Max Red has only been available for a few months — but everyone who takes it reports a big difference. "I have the energy to have sex three times in one day, WOW! That has not happened in years. Oh, by the way I am 62," says Jonathan K. from Birmingham, AL.

HOW IT WORKS

Loss of erection power starts with your blood vessels. Specifically, the inside layer called the endothelium where nitric oxide is made.

The problem is various factors THICKEN your blood vessels as you age. This blocks availability causing the nitric oxide "glitch." The result is difficulty in getting and sustaining a healthy erection.

How bad is the problem?

Researcher shows the typical 40-year-old man absorbs 50% less nitric oxide. At 50, that drops to 25%. And once you pass 60 just a measly 15% gets through.

To make matters worse, nitric oxide levels start declining in your 30's. And by 70, nitric oxide production is down an alarming 75%.

Primal Max Red is the first formula to tackle both problems. Combining powerful nitric oxide boosters and a proven delivery mechanism that defeats the nitric oxide "glitch" resulting in 275% better blood flow and stronger erections. There's not enough space here to fully explain how it works, so Dr. Sears will send anyone who orders *Primal Max Red* a free special report that explains everything.

MORE CLINICAL RESULTS

Nutrients in *Primal Max Red* have logged impressive results.

In a *Journal of Applied Physiology* study, one resulted in a 30 times MORE nitric oxide. And these increased levels lasted up to 12 hours.

"I measured my nitric oxide levels, you can buy a test kit from Amazon," reports 48-year-old Jeff O. "Monday night I showed depleted."

Then he used ingredients in *Primal Max Red* and, "The results were off the charts. I first woke



A new discovery that increases nitric oxide availability was recently proven in a clinical trial to boost blood flow 275% resulting in even quicker, stronger and longer-lasting erections.

around 3 a.m. on Tuesday with a throbbing boner. My nitric oxide levels measured at the top end of the range."

FREE BONUS

TESTOSTERONE BOOSTER

Every order also gets Dr. Sears testosterone boosting formula *Primal Max Black* for free.

"If you want passionate 'rip your clothes off' sex you had in your younger days, you need nitric oxide to get your erection going. And testosterone for energy and drive," says Dr. Sears. "You get both with *Primal Max Red* and *Primal Max Black*."

HOW TO GET PRIMAL MAX

To secure free bottles of *Primal Max Black* and get the hot, new *Primal Max Red* formula, buyers should contact the Sears Health Hotline at 1-800-329-9157 within the next 48 hours. "It's not available in drug stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer."

Dr. Sears feels so strongly about *Primal Max*, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back," he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call 1-800-329-9157 to secure your limited supply of *Primal Max Red* and free bottles of *Primal Max Black*. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use Promo Code FRA721PMAX when you call in. Lines are frequently busy, but all calls will be answered.



The battleship *USS NEW JERSEY* (BB-62) fires its 16-inch/50 caliber main guns and 5-inch/38 caliber secondary guns, in the northern Pacific Ocean. Photo courtesy of the Naval History and Heritage Command.

The USS NEW JERSEY (BB-62)

America's Longest-Serving Battleship Comes Home

By Ann Norvell Gray

On Dec. 7, 1942, a year to the day after the Japanese attack on Pearl Harbor, the Iowa-class battleship *USS NEW JERSEY* (BB-62) was launched by the Philadelphia Naval Shipyard. It was to be in active service for 21 of the next 50 years. This second of the four largest, strongest and fastest of the Navy's battleships would become the most decorated of all the Iowa-class vessels, earning 19 battle and campaign stars for its service in World War II, the Korean War, the war in Vietnam, the civil war in Lebanon and operations in the Persian Gulf, it also earned a Navy Unit Commendation during its time in Vietnam.

Military historians have said that all great improvements in the technologies of one war are destined to become obsolete in the next. The massive battleships of the Second World War are a case in point. The *USS NEW JERSEY* went in and out of active service for half a century, and its role changed

with every conflict as air power and long-range weaponry grew in sophistication and importance. Now, it serves as a museum ship across the river from its Philadelphia birthplace.

The War it Was Made For

The great ship was to prove instrumental in the actions against the Japanese in the Pacific, the conflict for which it was designed. This brief excerpt from the lively and complete account of *NEW JERSEY*'s service from the Battleship New Jersey Museum and Memorial's website describes a dramatic turning point in the Pacific conflict, for which *NEW JERSEY* shared the credit:

"New Jersey began her distinguished career as a flagship 4 February (1944) in Majuro Lagoon when Admiral Raymond A. Spruance, commanding the Fifth Fleet, broke his flag from her main. ... After rehearsing in the Marshalls for the invasion of the



Above: During their overnight encampment on the *USS New Jersey*, a Boy Scout troop slept in the bunks where the sailors once slept. Below: A military ceremony being held on the *USS New Jersey*'s forecastle, or most forward part of the upper deck of the ship. Photos courtesy of the Battleship New Jersey Museum and Memorial.





An aerial view of the battleship *USS NEW JERSEY* (BB-62) with the Philadelphia skyline in the background. Photo courtesy of the Battleship New Jersey Museum and Memorial.

Marianas, New Jersey put to sea 6 June. ... The Japanese response... was an order to its Mobile Fleet; it must attack and annihilate the American invasion force. Shadowing American submarines tracked the Japanese fleet into the Philippine Sea. ... New Jersey took station in the protective screen around the carriers on 19 June 1944 as American and Japanese pilots duelled in the Battle of the Philippine Sea. That day and the next were to pronounce the doom of Japanese naval aviation; in this 'Marianas Turkey Shoot,' the Japanese lost some 400 planes. This loss ... was equaled in disaster by the sinking of three Japanese carriers ... and the damaging of two carriers and a battleship. The anti-aircraft fire of New Jersey and the other screening ships proved virtually impenetrable. Only two American ships were (slightly) damaged. ... In this overwhelming victory but 17 American planes were lost to combat."

After another grueling year in the Pacific, the surrender of Imperial Japan aboard *NEW JERSEY*'S sister ship *USS MISSOURI* in September of 1945 unleashed a torrent of joy in the American streets.

Serving in Korea

The capitulation of Japan and the subsequent decision to divide the Japanese Empire's Korean peninsula between the U.S. and its Soviet allies along the 38th parallel created a fractious division between the two newly created states. Then in 1950, the army of North Korea poured across the border, and after five brief years of peace, America was embroiled in the first conflict of the Cold War. From May of 1951 until the truce in August of 1953, "Big J," as the *NEW JERSEY* had come to be called, and its fearsome guns served in support of the U.N. and U.S. troops defending South Korea. It sailed for home in October 1953. Four years of service as a training and ceremonial ship in and around the Mediterranean were followed by decommissioning in 1957.

Answering the Call Again and Again

After 11 years, *NEW JERSEY* was recommissioned, retrofitted and deployed to support the troops in Vietnam. It served until the spring of 1969, when it returned home to enter the "mothball fleet." The Reagan



The newly painted *USS NEW JERSEY* (BB-62). Photo courtesy of the Battleship New Jersey Museum and Memorial.

administration's 600-ship Navy initiative of the 1980s saw it brought out again for updating with new weapons systems, which it took into the Mediterranean in support of U.S. Marines deployed during the Lebanese civil war. *NEW JERSEY* was decommissioned for the last time in 1991 at the Long Beach Naval Station in California.

Then in 1999, 57 years after its launch, the venerable warrior was returned to Philadelphia to be prepared again in the naval shipyard, this time to serve as a museum ship in the care of the Home Port Alliance on the other side of the Delaware River in Camden, New Jersey.

A Rewarding Museum for Visitors and Volunteers Alike

It will come as no surprise to Shipmates that one of the first reactions from visitors who arrive along *USS NEW JERSEY*'s permanent gangway is astonishment at its sheer size. At three football fields long and 11 stories high, with a displacement of more than 57,500 long tons, *NEW JERSEY* and its three sister ships are the largest battleships ever built. One recent visitor, himself a Marine Corps veteran, gazed up at the 16-inch guns towering over his head and was heard to say, "Oh,

man — you really don't want to see that thing coming!" Just walking the deck of this floating fortress leaves no question that its purpose was to neutralize both the attacking and defending forces of enemy combatants with overwhelming power.

The core mission of the Battleship New Jersey Museum and the Home Port Alliance, the foundation that owns and supports it, is the restoration, preservation, exhibition and interpretation of the *USS NEW JERSEY*'s place in history. If you go, you may choose one of several guided tours or go through on your own, following a red path painted underfoot and supplemented by a series of well-designed, graphic "you are here" signs. Audio devices are an option with your admission and explain what you are seeing as you go.

The ship has been open to the public for 20 years, and reactions from its many visitors seem to repeat three particular impressions over and over. The first is astonishment at its immense size and the precision of its engineering from the pre-digital era. The second is how hours aboard seem to fly by, with each functional space adding a new understanding of what it took to defend the nation and the free world. And the third is the knowledge

Supersonic CBD Breaks the “Sleep Barrier”

Clinical trials confirm: deeper, longer-lasting sleep in as little as 15 minutes after it reaches the bloodstream



If you struggle to fall asleep and stay asleep, your prayers have been answered.

Thanks to the discovery of a breakthrough, all-natural compound, it is finally possible to induce a deep, restorative sleep in a relatively short amount of time.

News of this discovery is sweeping the nation as long-time sleep sufferers report finally getting the 8 hours of uninterrupted, deep sleep their bodies need to stay healthy, youthful, and energetic at any age.

Countless scientific studies have shown the crucial role sleep plays in our life.

Research suggests it can help improve heart health, reduce joint pain, boost cognitive function, decrease anxiety and mood swings, and strengthen overall health.

Yet, despite this, millions of Americans are plagued by sleepless nights. And, are often forced to choose between addictive sleeping pills that leave them groggy and fatigued the next morning or lying awake every night for hours on end.

DEEPER SLEEP IN MERE MINUTES

Fortunately, this stunning new discovery ends this problem once and for all.

It promises to deliver deep, all-natural sleep every night, without any side-effects or risk of addiction. Most exciting of all, studies confirm this compound becomes active in the system within 15 minutes of ingestion.

A study performed by the University of Colorado showed this compound helped calm a racing mind, allowing those who have difficulties falling asleep to doze off in a relaxed, comfortable, and worry-free manner — often waking in the same position they fell asleep in.

However, in addition to improving sleep quality, this compound offers a slew of other health benefits, including: soothing stress, improving blood pressure, preventing cognitive decline, and even helping ease joint pain.

SUPERSONIC CBD

It's called Supersonic CBD and it works in a remarkable new way.

By shrinking the CBD particles and making them 10,000 times smaller than normal, this new form of CBD oil can do what no other oil can — bypass the liver's rigorous filter up to 450% more effectively, which leads to greater benefits.

This explains why, unlike ordinary CBD, Supersonic CBD is able to help deliver uninterrupted, deeper sleep, along with a smorgasbord of other health benefits.

Furthermore, unlike prescription drugs, this new

compound is often well-tolerated, non-habit forming, and doesn't even require a prescription.

"In my 20-year career," says Dr. Al Sears, "I've never seen anything quite like it. Supersonic CBD truly is remarkable."

WHY SO MUCH EXCITEMENT

Dr. Al Sears, M.D., is considered the leading pioneer in anti-aging medicine. He's published over 500 scientific papers and is a frequent guest on ABC News, CNN, Discovery, National Geographic, and many other media outlets.

Working with his team at the Sears Institute for Anti-Aging, Dr. Sears has formulated Supersonic CBD into a new, fast-acting, feel-young formula called Canna LS.

The results have been so incredible that Dr. Sears is having a hard time keeping up with the rising demand. "We've sold out multiple times in the past and expect to sell out again soon."

94% OF CBD GOES TO WASTE

The reason most CBD oils fail to deliver results is because of the liver's filtering system. "Think of it as a mesh strainer," explains Dr. Sears. "It catches almost everything, and only a handful of the tiny particles are able to pass through."

In other words, almost all CBD products promising better sleep, mood, blood pressure, cognitive function and even pain relief, all get filtered by your liver before they can even attempt to fix the problem.

The World Health Organization recently reported only 6% of CBD ingested makes it to the bloodstream, while the other 94% goes to waste. This explains why so few people get any results from CBD oils and other alternatives.

However, since Supersonic CBD is broken down into such small particles, it's able to bypass the liver's filter more effectively.

"If it's not Supersonic CBD," says Dr. Sears, "it can't bypass your liver, it won't help, and frankly, it's only wasting your money."

Canna LS solves this problem for anyone wanting to get better sleep, while also feeling younger.

Thanks to the unique Supersonic CBD inside Canna LS, there is finally an all-natural way for anyone to get a better night's rest, improve blood pressure, cognitive function and even soothe stiff, sore joints.

"Many of my patients report feeling more energized after only a few weeks of using Canna LS," says Dr. Sears.

IMPRESSIVE CLINICAL RESULTS

The Supersonic CBD in Canna LS has shown remarkable clinical results.

In one placebo-controlled study, the core compound in Canna LS helped increase sleep duration, allowing participants to feel more rejuvenated and energized upon waking.

In another clinical trial, this all-natural compound was given to adults who reported suffering from both anxiety and poor sleep. After the first month, overall anxiety decreased in 79% of the adults while 66% dramatically improved sleep.

And in one of the largest studies of its kind, 2,736 men and women over the age of 65 were gathered. They all experienced joint pain that worsened their quality of life and prevented them from doing the activities they used to enjoy.

After being given this natural compound, 93.7% of the participants reported their pain was cut in half, after only six months of treatment.

Lastly, in another clinical trial, 85% of seniors given this powerful agent were able to soothe their pain significantly, in only 21 days. And a third of them were able to soothe their joint pain completely.

"Before I started Canna LS, pain from my hip replacement surgery made it hard to walk for more than a few minutes. Now, I can get out of the house and spend time with friends. I played 9 holes of golf, which I had given up after the surgery." — Jonathan Wilson, age 73.

49-year-old Katherine H. reports, "I can whizz through my four-bedroom bungalow with the vacuum cleaner. I have so much more energy."

"It has helped my lower back pain and overall I am just better!" says Kenneth O., a man from Troutdale, Oregon who's tried various CBD oils without success, prior to Canna LS.

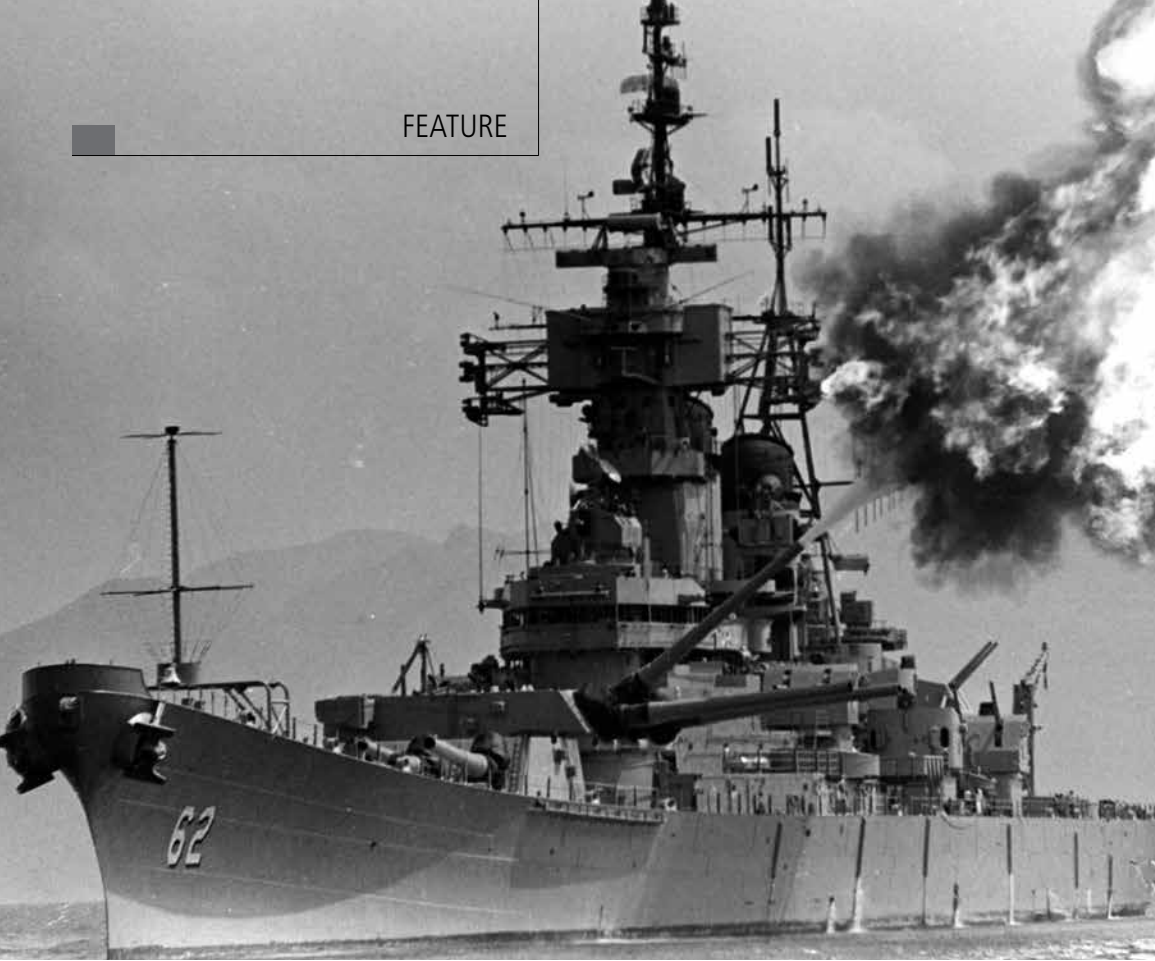
HOW TO GET CANNA LS

This is the official nation-wide release of Canna LS in the United States. As a result, the company is offering a special discount to anyone who calls. An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try this powerful pain-reliever for themselves. All you have to do is call TOLL FREE 1-866-256-2857 right now. Then, provide the operator with this exclusive discount approval code: **FRA721CAN**. The company will do the rest.

Important: Due to the recent media exposure of Canna LS, phone lines are often busy. If your call doesn't go through, please try again because this product is worth having

OFFER NOT AVAILABLE TO RESIDENTS OF ID, IA, MI, MO, NE, NC, SD

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY THE VIEWS AND OPINIONS EXPRESSED IN THIS ADVERTISEMENT ARE THOSE OF THE ADVERTISER AND DO NOT REFLECT THE OPINIONS, POLICY OR POSITION OF THIS NEWSPAPER OR ITS PARENT COMPANIES OR AFFILIATES. THIS PRODUCT IS NOT INTENDED FOR USE BY INDIVIDUALS UNDER THE AGE OF 18



The *USS NEW JERSEY* bombarding targets near Tuy Hoa, on South Vietnam's central coast, late in March 1969. Photographed by Photographer's Mate 2nd Class Monty L. Tipton. Photo courtesy of the Naval History and Heritage Command.

The *USS New Jersey* (BB-62)

62 Battleship Place
Camden, NJ 08103
Local: 856-966-1652
Toll-free: 866-877-6262
Email:
info@battleshipnewjersey.org

Hours:

11 a.m. – 3 p.m. daily

and warmth of its welcoming docents, many of whom are veterans themselves and some of whom served aboard the ship during their active years.

The following quotes come from two people who speak with clarity and sincerity that secondhand reporting can't begin to deliver.

On the GreatNonprofits website, a museum volunteer writes:

"One of the most rewarding experiences in my life is the honor of serving as a volunteer on the Battleship New Jersey. Many of the volunteers served in the United States Navy and the extent of their knowledge of the ship's systems and their ability to envision and design simulations of those systems is truly amazing. The staff ... is dedicated to making the USS New Jersey a living museum with constant restoration projects underway ... bringing more compartments online for viewing by the ship's guests while always maintaining historical accuracy. ... The machine and hull tech shops are still in use for ship repair overseen by a Navy Veteran who served in those very compartments. Listening to him recount stories of his years aboard as he machines a necessary part

is a step back to a period when the ship was underway in the defense of our country."

Also on GreatNonprofits, this testimonial from docent Phil Walmsley speaks for itself:

"I have a family history with the Battleship NJ as my father was one of the approximately 5,000 men and women that built BB62 at the Philadelphia Navy Yard. My father told us, when we were kids, that he welded his initials (GJW, JR) in the ship's hull. ... When I am on the Battleship, I can feel his presence. When BB62 came back home from Bremerton WA, three generations of the Walmsley family were there to escort her up the Delaware River. My mother and daughter Kim were invited by Governor Whitman to sail with her and the other dignitaries on the ferry out of Cape May. I was on the river with the US Coast Guard Auxiliary as part of the security detail. It was one of my life's greatest honors."

FRA

Resources:

<https://www.battleshipnewjersey.org/>
<https://greatnonprofits.org/org/home-port-alliance-for-the-uss-new-jersey-inc>

MADE FOR THE MILITARY COMMUNITY

No matter where you are in your military journey, USAA supports programs to help you along the way. When you make the jump to civilian life, you can take advantage of USAA's transition workshops and career training. And as you work to solve military spouse unemployment, we're right there with you. Because for us, our mission is so much more than just a day job.

Visit **USAA.COM/FRA**
to learn more or call
877-FRA-USAA (372-8722)



**WHAT YOU'RE MADE OF
WE'RE MADE FOR™**



USAA means United Services Automobile Association and its affiliates. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. To join USAA, separated military personnel must have received a discharge type of "Honorable." Eligible former dependents of USAA members may join USAA. No Department of Defense or government agency endorsement. Fleet Reserve Association receives financial support from USAA for this sponsorship.

© 2021 USAA. 270986-1220-FRA

The Bill of Rights and Me

By Gabrielle Miranda, Branch 70, Southwest Region

The Bill of Rights is the single most important modification to the Constitution and governs the way we live today. Why is this? The Bill of Rights contains the first ten amendments to the Constitution of the United States. These stated freedoms, liberties, and inalienable rights make America the country it is today. Our nation's history is steeped in protecting these amendments — from protests to lawsuits in lower courts to Supreme Court decisions. Since 1791, generations of citizens have defended these rights and freedoms to ensure our way of living is preserved.

To me, one of the most important amendments is the first amendment: freedom of speech, press, religion, and the right to petition and peacefully assemble to voice our grievances. These rights allow me to express my opinions and voice my dissent without threat of incarceration or harm. The amendment guarantees that people can have their say on important issues and move forward in a peaceful way to affect changes to laws, policies, and regulations. What is exciting to me is that I get to choose when, where, and how I voice my concerns. I can join like-minded people across the country with similar views.

The Bill of Rights, hotly contested and argued against by many while debating them in 1787, was eventually ratified in 1791. Even today, 229 years later, with many consequential issues on the doorstep of Congress and the courts, I see protests of all matters impacting or challenging the Bill of Rights. All over the country, people are exercising their first amendment rights to get their voice heard to attempt to steer the country in a new direction.

Exercising and defending my freedoms and rights is paramount for me and my generation — we will soon be young adults, able to vote, and be positioned to shape the future of our country. To me, the Bill of Rights is of the utmost importance; it guarantees that our way of living will last forever and that our pursuit of happiness and our liberties will not be infringed upon.

Congratulations to the 2019–2020 FRA Americanism Essay Contest Winners!

The overall winner was Gabrielle Miranda, Branch 70, Southwest Region.

Grade 7 Winners

1st Place	Sage A. Wytch	Branch 112, SE Region
2nd Place	Karli Roth	Branch 242, NC Region
3rd Place	Addyson Simmons	Branch 93, EC Region

Grade 8 Winners

1st Place	Gabrielle Miranda	Branch 70, SW Region
2nd Place	Michael Meng	Branch 242, NC Region
3rd Place	Lacey Hickman	Branch 293, EC Region

Grade 9 Winners

1st Place	Ariana Perez	Branch 302, SW Region
2nd Place	Samantha Steyn	Branch 137, WC Region
3rd Place	Parker Smith	Branch 38, NW Region

Grade 10 Winners

1st Place	Byse Hwang	Branch 302, SW Region
2nd Place	Caleb Gargus	Branch 105, NC Region
3rd Place	Jade Chapman	Branch 137, WC Region

Grade 11 Winners

1st Place	Irene Park	Branch 302, SW Region
2nd Place	Jack Guan	Branch 101, WC Region
3rd Place	Jonathan Lustig	Branch 226, NE/NEng Region

Grade 12 Winners

1st Place	Emily Scott	Branch 1, NE/NEng Region
2nd Place	William Bartle	Branch 98, SC Region
3rd Place	Annelise Wolfe	Branch 41, EC Region



Photo by DepositPhoto.

AMERICANISM ESSAY CONTEST RULES

- All entrants shall be students in grades seven through twelve (or equivalent).
- Entrants must be sponsored by a branch of the Fleet Reserve Association, a unit of the Ladies Auxiliary or an FRA Member-at-Large.
- The essay shall be on the theme designated and shall not exceed 350 words.
- The essay shall be legibly written or typed on one side and one page only.
- The title of the essay shall be written or typed at the top of the paper.
- A student may submit only one entry each year.
- Each entry must be accompanied by a separate sheet stating: the entrant's name; address; zip code; telephone number; school grade (or equivalent); name of school or the word "home-schooled;" number of words in essay; and the sponsoring branch/unit or sponsor's name.
- Entries submitted to branches shall be submitted to the branch Americanism-patriotism committee and postmarked not later than Dec. 1, for judging at the branch level.
- Entries sponsored by membership at large members shall be submitted to the national chairman and forwarded to an appropriate branch for judging in their respective grade group. All entries shall be postmarked not later than Dec. 1.
- The Internal Revenue Service requires that any participant who receives \$600 or more will be issued a Form 1099 identifying the proceeds as taxable. Winners must provide their social security numbers to the FRA upon request.



FRA AMERICANISM ESSAY COVER SHEET

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone Number: _____

E-Mail Address: _____

Name of School: _____ Grade: _____

Number of Words in Essay: _____

Sponsoring Member/Branch/Unit: _____

Sponsor's Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Permission: I understand that my student is participating in FRA's Americanism Essay Contest and authorize FRA to publish photos of him/her if he/she should receive recognition for this entry.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Note: Please type or write legibly.

PLEASE USE THIS FORM ONLY – NO OTHER ACCEPTED



FLEET RESERVE ASSOCIATION

2021-2022 AMERICANISM ESSAY CONTEST



“Why I am Proud to be an American”



Eligibility: *Students, grades 7 through 12*

Deadline: *December 1, 2021*

Requirements: *350 words or less about “Why I am Proud to be an American.”*

Website: *www.fra.org/essay*

For information about the contest, contact:

School Counselor: _____

FRA Essay Chairman: _____

FRA Branch: _____

Telephone: _____

**Grand Prize
\$5,000**

**18 National
Awards and
Regional /
Local Prizes**



Member Outdoor Vehicle
Buying Program

FUELED BY **GoROLLICK**

Get Outdoors!

Shop thousands of new and used ATVs,
UTV/SxS, Motorcycles, RVs, and Boats

Want to rent?

Find your perfect RV rental with Outdoorsy, and get an exclusive **\$40 coupon** for your first night with the promo code **GOROLLICK**

Book a bike with Twisted Road and use the code **GoRollick** at checkout and get an exclusive **\$20 coupon** for your first motorcycle rental

Ready to own?

Take advantage of member pricing and up to **\$1,350** in Bonus Savings through the Member Outdoor Vehicle Buying Program



Visit www.fra.org, and click on Member Benefits to Learn More!

"What Is the FRA?": Donald Lape's Story



This is the first story of a three-part series submitted by Shipmate and Member-at-Large, Donald Lape. His story is in response to my June article in FRAtoday, entitled, "What's your story?"

"Anchors aweigh, my boys, anchors aweigh." My brothers and I were singing that song as our family drove down Chicago's Archer Avenue on the first of many family trips to Chicago's famed Museum of Science and Industry. The museum started as part of the 1893 World's Columbian Exposition but instead of being built of plaster like a lot of other buildings in the exhibition, the museum was constructed with a brick substructure. Dad and mom were taking us to see the annual world Christmas tree display — mom told us about the farm that was there. Dad turned onto Lake Shore Drive and after what seemed like yet another very long hour of dad navigating the car, I saw 05 on the side of the museum. Our family was not a typical family. Dad did all the cooking and mom did most of the household painting.

An Inspiring Exhibit

Noise assaulted me when we walked into the museum lobby. I had to find out what the 05 exhibit was. U505, I found out later, was a Nazi submarine that had been captured in the mid-Atlantic Ocean by the U.S. Navy during WWII. In its prime, the U505 was a boat that the allies had to destroy. In June of 1944, Capt. Dan Gallery and his men did the unthinkable by capturing a man-of-war in the mid-Atlantic.

What bravery! Capturing a man-of-war on the high seas. While growing up, I knew I had to be a part of that.

Joining the Navy

Fast forward to the Johnson administration and the Vietnam draft, when dad and my uncle helped me decide that the Navy was the service for me. Dad served at the end of WWII and my uncle served during the Cuban missile crisis.

After boot camp at Great Lakes, orders came down for me to report to Naval Support Activity Danang, Vietnam. After a tour with the Bees, I thought my boyhood dream was just that, a dream, and I wanted out of the service! No more getting up at zero dark thirty for a watch. No more SOS for breakfast, lunch and dinner.

I was wrong! I missed the late-night bull sessions and poker games. I missed the idea that I was helping people. I had to find some way of continuing that idea of helping out.

After coming home to the civilized world, I married my high school sweetheart. We met at a high school sock hop when she was 14 and I was 15. Another girl and I were waltzing around the dance floor when the DJ stopped the music and told the guys to dance with the girl to their right. I did and after a few minutes of holding her I asked her to marry me. We both laughed. After high school and the tour with the Bees, we did get married.

Did I say that I missed the late-night poker games and getting up at zero dark thirty for watches? Our very young son helped me remember the "fun" of getting up for a midwatch. I recall the time I went to get a pizza to eat, since we were up anyway. While at the pizza joint, I looked over and on the wall, the flyer said, "Join the FRA."

I wondered, "What is the FRA?" **FRA**

Christina is the FRA's director of membership. She can be reached by email at ChristinaH@fra.org or by telephone at 703-683-1400, ext. 123.

1. BRANCH 57, SOUTH NEW JERSEY

Branch Vice President Mary Rauch crochets scarves and donates them to a local nonprofit veterans center that then distributes them to veterans in need.

2. BRANCH 316, SPRINGFIELD, MO.

RVPNC Maria Behm had an FRA information table at the Veterans Resource Day event sponsored by VFW Post 5178. The post commander, Brian Behm, is Maria's son. She signed up a Life Member and received seven contacts from veterans. Behm is working to open a branch in the Lake of the Ozarks area.

3. BRANCH 226, STATEN ISLAND, N.Y.

Monsignor Farrell High School had four winners in this year's Americanism Essay Contest. (L to R) Joseph Kalikas (12th grade, third place), Branch President James Brown, Principal Lawrence Musanti, Evan Harden (12th grade, first Place and NE/NEng. Region second place), Luciano Spagnulo (11th grade, second place), Jonathan Lustig (11th grade, first place and NE/NEng. Region first place), NE/NEng. Americanism Essay Chairman William McLane, Branch VP Albert Klingele, English instructor Dawn Guerriero, and CEO and Monsignor Louis Tabacco.

4. BRANCH 222, SLIDELL, LA.

All three seventh grade winners of the Americanism Essay Contest were from Our Lady of Lourdes Catholic School. (L to R) Victoria Rice won first place and won third place in the South Central Region. Caden Amie won second place and Olivia Huerstel won third place at the branch level. Branch Secretary Mark Dernovsek poses with the winners.

5. BRANCH 31, PEABODY, MASS.

Branch 31 Shipmates volunteered to box up food for veterans at Patriot Place, in Foxborough, Massachusetts. (L to R) Pat Tibauda, JrPNP Donna Jansky and Sandy Eynon.

6. UNIT 31, PEABODY, MASS

(L to R) LA FRA National Financial Secretary Brenda Horton, National Vice President Pat Suckow, National Treasurer Nadine Fulton, National President Jackie Scarbro, NE/NEng. RP Cindy Rodham-Tuck and PRPWC Kathy Goheen visited the Salem Witch Museum.





7. BRANCH 01, PHILADELPHIA, PA.

Emily Scott won first place for her 12th grade essay at the Northeast/New England regional level. FRA Branch Treasurer Thomas Groeber presented Scott with a check and the award. Scott will be attending the University of Chicago in Illinois.

8. BRANCH 98, SHREVEPORT, LA.

A few of the Shipmates from Branch 98, in the uniform of the day, ordered new FRA shirts from the FRA's new Ship Store. (L to R) Rodney Longstratt, Diane Harvey, Charles Smith, Branch President Willie Hill, Reggie Coles and PRPSC Emmett Smith.



9. BRANCH 238, PLOVER, WIS.

Shipmate John J. Geiger was presented his 60-year Continuous Membership Pin and Certificate during a recent branch meeting. Geiger has been and still is an active branch member and always has a story that brings smiles to everyone.

10. BRANCH 70, POWAY, CALIF.

(L to R) Scripps Ranch High School Air Force JROTC Senior Instructor Col. Daniel Tucker, Cadet Sabella Ibinyopakaka, Racel Ligeralde (ninth grade, branch first place and Southwest Region third place), Joshua Yang (10th grade, second place), Jovanna Sabine Daniel (12th grade, first place), Christian Yoon (12th grade, second place), and Americanism Essay Contest Branch Chairman Chuck Cross.



11. BRANCH 294, CROSSVILLE, TENN.

Branch Scholarship Chairman William Rhodes (L) and Branch President Peter Dellarco (R) present Ivy Queen her \$1,000 check and a Certificate of Scholarship. Queen graduated with a perfect GPA and ACT score. She also graduated from a community college with an associate degree in science. She will be attending Reed College in Portland, Oregon.



Submit a photo by email as a high-quality attachment in jpeg format to FRAtoday@fra.org. Please include a brief description and include the names of those pictured.

In Memoriam

Name	Rating	Branch						
Abel, Donald C.	PHC, USN	MAL	Crider, Marlin,	ATC, USN	126	Grove, Charles R.	BTCS, USN	216
Aydt, Roger D.	CDR, USN	MAL	Crumpler, Wiley F.	YN1, USN	MAL	Hairston, Jerry F.	GYSGT, USMC	208
			Cushman, Charles B.	WTCM, USN	47	Hanneke, Thomas W.	LCDR, USN	295
Balis, Lee	USN	197	Dawkins, Samuel W.	HMC, USN	MAL	Heroux, Joseph J.	RMC(SS), USN	60
Ballard, Padgett R.	BM1, USN	MAL	DeGhetto, William J.	DCCS, USN	24	Hess, Richard	EOC, USN	MAL
Barnd, Donald F.	HMC, USN	55	Dickerson, Albert S.	UT1, USN	22	Highland, Harry B.	BTC, USN	MAL
Barnes, Jack	ETCS, USN	251	Dickerson, Robert G.	GMT1, USN	60	Holder, Gary A.	MGYSGT, USMC	367
Barnes, Ronald D.	ATC, USN	MAL	Dudley, Edward W.	MM1, USN	226	Hoth, Edward W.	GYSGT, USMC	124
Barnhart, Donald	1STSG, USMC	MAL						
Beaty, Jennings R.	FCC, USN	MAL	Emenheiser, Kenneth S.	MGYSGT, USMC	MAL	Johnson, Billy J.	YN1(SS), USN	53
Bourassa, Raymond G.	LI1, USN	24	Ezell, Eugene A.	GYSGT, USMC	MAL			
Brannon, James W.	HTC, USN	22				Kelley, Robert E.	CS1, USN	22
Brown, Lorence F.	ET1, USN	60	Finlay, William	BT1, USN	MAL	Kenny, William A.	HMC, USN	MAL
Brusseau, Howard G.	MMC, USN	MAL	Fitchie, Joel S.	EOC, USN	44	Korinek, Gerald L.	AK1, USN	269
Bryant, Larry K.	AOCs, USN	85	Fournier, Craig	CPL, USMC	70	Kuiken, Orville E.	CSC, USN	MAL
Bryant, Lonzo	AWCS, USN	334	Franck, Harold W.	ATCS, USN	MAL			
						Legaspi, Rolando C.	POCS, USN	22
Churchill, William E.	MRC, USN	31	Gallagher, Gerald P.	PT1, USN	MAL	Leipold, John A.	FIC, USN	24
Cook, Charles E.	CAPT, USMC	MAL	Garcia, Gilberto	SGT, USMC	94	Lytle, George R.	SSGT, USMC	177
Crawford, Monte	CWO4, USN	MAL	Garnto, Amos E.	PNCM, USN	MAL			



93rd FRA & 88th LA FRA 2021 National Conventions

For more information:

<https://www.fra.org/convention>



Mahoney, Thomas J.	ADCS, USN	146	Parrish, John E.	AD1, USN	91	Schlegel, David R.	AMS1, USN	161
Mayfield, James M.	AWCS, USN	MAL	Payton, Hirbry H.	SDC, USN	172	Schneckloth, Ray D.	YN1, USN	MAL
McAnally, William	ADJC, USN	MAL	Peck, Garrette W.	SGT, USMC	24	Schwinn, Marvin W.	MS1, USN	47
McGibbeny, William	MMC, USN	04	Peters, Jack R.	CAPT, USN	268	Shelley, Lewis N.	CTOC, USN	22
McKnight, William V.	HMC, USN	184	Petrone, Barbara J.	RMCM, USN	22	Stout, Frederick D.	ADR1, USN	162
McNichols, John A.	POC, USN	MAL	Previto, Leonard	LCDR, USN	MAL			
McQuaid, William E.	AXCS, USN	269				Taylor, Dovey W.	YNCS, USN	MAL
Mentzer, Donald H.	UTP3, USN	MAL	Quinn, Felix D.	STC, USN	61	Tom, Sam P.	HM1, USN	182
Miller, Mack C.	USN	94						
Moon, Melvin E.	ENC, USN	104	Reichardt, John R.	YNCM, USN	04	Vincent, James	RM2, USN	54
Moore, Arthur H.	AVCM, USN	174	Roberts, Tex H.	ADCS, USN	289			
Morse, Dennis F.	MRCM(MDV) USN 60					Walker, Luise E.	HMC, USN	MAL
Murray, Lonnie J.	MSI(SW), USN	112	PRPNC, Sallis, William R.	RM1, USN	54	Wiegand, Robert E.	YNCS, USN	MAL
			Sampson, James W.	AMCS	08	Wild, William J.	CTICS, USN	295
Nicklus, Francis	CUCM, USN	302	Sanders, Larry D.	CWO4, USN	269	Wilson, Theodore S.	SFC, USN	293
			Schenkelberg, Clayton A.	TMC, USN	70	Wright, Charles E.	MMCM, USN	MAL

Names in **red** indicate 50-year continuous members. Any names in **bold** indicate past national officers. To report a Shipmate death, email: mserfra@fra.org or call 703-683-1400, ext. 1.

Finally, an emergency alert that works **anywhere!**



Why should you be satisfied with an emergency alert that only works at home? You deserve to be protected everywhere with 'Latitude Life Alarm'.

The 'Latitude Life Alarm', **with auto fall detection**, provides safety and independence no matter where you are located when you need urgent help.

Our Smart Talk feature guides you through your personal emergency by voice announcements from the alarm.

The alarm is programmable to call and text 6 contacts and emergency services when urgent help is needed.

'Latitude Life Alarm' has **no monthly monitoring fees** and is available and **paid for by VA for veterans**.

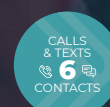
Using 4G LTE cellular networks it works when you're at home and on the go, doing what you love.

Latitude
LIFE • MEDICAL • PERSONAL



For more details call: 1-866-205-4872
golatitude.com/veterans

Available
and paid
for by VA
for veterans



Something worth protecting



Hospital Indemnity And Short Term Recovery Insurance Plan

You can chart your future, but an unexpected serious injury or illness may cause you to alter course by dipping into your personal or retirement savings. Where TRICARE and Medicare may fall short, the FRA-endorsed Short Term Recovery Insurance Plan pays cash benefits if you're admitted to the Hospital. This plan also helps pay for home healthcare expenses when you're recovering after your Hospital stay by providing benefits for services including physical therapy, occupational therapy, speech therapy, nursing care, companion services, home health and homemaker services.



Learn more about FRA-endorsed Hospital Indemnity And Short Term Recovery Insurance Plan. Visit **www.frainsure.com** or call **1-800-424-1120**.

Underwritten by Hartford Life and Accident Insurance Company, Hartford, CT 06155

All benefits are subject to the terms and conditions of the policy. Policies underwritten by Hartford Life and Accident Insurance Company detail exclusions, limitations, and terms under which the policies may be continued in force or discontinued.

THIS IS A HOSPITAL CONFINEMENT INDEMNITY POLICY. THE POLICY PROVIDES LIMITED BENEFITS. This limited benefit plan (1) does not constitute major medical coverage, and (2) does not satisfy the individual mandate of the Affordable Care Act (ACA) because the coverage does not meet the requirements of minimum essential coverage.

This policy provides limited benefits health insurance only. It does NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Department of Financial Services.

Coverage may not be issued in some states. Benefits reduce at age 80.

The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

Program Administered by Mercer
Health & Benefits Administration LLC

AR Insurance License #100102691

CA Insurance License #0G39709

In CA d/b/a Mercer Health & Benefits
Insurance Services LLC

Hospital Indemnity Form Series includes GBD-2800, GBD-2900, or state equivalent.

92954 (2/21), 93688 (7/21), 93705 (9/21), 92958 (12/21)
Copyright 2021 Mercer LLC. All rights reserved.



REUNIONS

USS RASHER (SS/SSR/AGSS-269)

9/15/2021 - 9/19/2021
Galveston, Texas
Contact: Richard Moore
Telephone: 804-815-0730
Email: drifterpilot@cox.net

VP-56

9/18/2021 - 9/19/2021
Tuscaloosa, Ala.
Contact: AWCS Bob Blankleyn or
AWC Robert Conrad
Telephone: 713-610-0054
Email: Starchief13@yahoo.com

U.S. Navy Opticalman- Instrumentman Association

9/28/2021 - 10/5/2021
Norfolk, Va.
Contact: John Bryan
Telephone: 706-339-5905
Email: bigjohn767@yahoo.com

VXE-6 Antarctic Development Squadron-6

9/29/2021 - 10/3/2021
Herndon, Va.
Contact: Jeff Homewood
Telephone: 301-904-9574
Email: homewood20@live.com

USS RANGER (CV/CVA-61)

9/29/2021 - 10/3/2021
Norfolk, Va.
Contact: Tom Ballinger
Telephone: 210-403-3302

USS RATON (SS/SSR/AGSS-270)

9/29/2021 - 10/3/2021
North Little Rock, Ark.
Contact: Larry Kramer
Telephone: 360-697-2842
Email: ldkramer43@hotmail.com

USS BAUSELL (DD-845)

9/29/2021 - 10/4/2021
St. George, Utah
Contact: Gene D'Arezzo
Telephone: 928-854-2205
Email: genied@frontiernet.net

93rd FRA National Convention

10/2/2021 - 10/9/2021
Spokane Valley, Wash.
Contact: Pete Lazzaretti
Email: pr@frabranh18.org

USS BEALE (DD/DDE-471)

10/3/2021 - 10/6/2021
New Orleans, La.
Contact: Diane Sorola or Bill Brings
Telephone: 337-298-3434 or 321-499-3110
Email: dasorola@yahoo.com

USS ENTERPRISE (CVAN/ CVN-65) Association

10/3/2021 - 10/8/2021
Duluth, Minn.
Contact: Steve Packwood
Telephone: 651-890-4616 or 651-895-4905
Email: AssocPAO@cvan-cvn-65.org

USS ROBERT A. OWENS (DDK/DDE/DD-827)

10/4/2021 - 10/7/2021
Pittsburgh, Pa.
Contact: Bill Miller
Telephone: 412-622-4154
Email: billmiller15644@gmail.com

USS CORAL SEA (CVA-43) Association

10/6/2021 - 10/10/2021
Colorado Springs, Colo.
Contact: John Ranson
Telephone: 859-250-3727
Email: jrsr3843@fuse.net

A list of reunions is at: www.fra.org/
Reunions. Looking For/Reunions must be
submitted online, via email to reunions@
fra.org, or in writing to FRA Looking For/
Reunions at 125 N. West St., Alexandria,
VA 22314.

A Message from the East Coast Regional President



I cannot believe it has been more than a year since the majority of us have seen each other in person. Most of us have now mastered the art of video calls. However, due to vaccination rates increasing and the easing of restrictions, I am looking forward to some return to normal and in-person functions.

I am also excited to announce the birth of my first child, William Edward Rosser V. He joined us on March 30 at 5:45 p.m. weighing 8 pounds even and measuring 21 inches long. We are all doing great, and I want to thank everyone for the well-wishes.

Our membership numbers are down due to nonpayment of dues this year. However, the units I have talked with have been doing more to keep in touch with everyone by checking in through cards, telephone calls or letters. I know some people are working less or not at all due to the pandemic, and this may be impacting active memberships as families are tightening their budgets. If units are able to assist these members in any way, then I would recommend doing what they can. Due to the drop in memberships, I regret to inform you that the East Coast Region is losing two units.

We have a very large FRA presence, so it surprises me how small our LA FRA organization is. We need our Shipmates to assist us in growing our ranks back up; we need to rally the troops and make a comeback. I am requesting that you think about your family members who are eligible to join and strongly encourage them to participate in our organization. If we do not ensure we have younger members joining the LA FRA, we will not have continuity of our organization.

I would also like to remind everyone that you do not have to be a member of a specific unit or branch that has a club to access their club. If there is a unit closer to where you live, I encourage you to join or transfer to that unit. This will in no way affect your ability to access any of the other clubs.



(L to R) LA FRA Unit 40 and LA FRA PNP Christina Murray, LA FRA NP Jackie Scarbro and LA FRA PRPEC Margaret Dumas presented flags to a multilevel Girl Scout troop.



Happy Birthday to Virginia Wheet, who has been a charter member of Unit 24 in Annapolis, Maryland since 1963. She recently celebrated her 95th birthday.

I hope that everyone has a safe and productive regional meeting. I am looking forward to seeing as many of you as possible at the FRA and LA FRA National Convention being held in Spokane Valley, Washington, October 2-9. **FRA**

In Loyalty, Protection and Service,
Virginia Jorden

Virginia is the LA FRA regional president of the East Coast Region.

Six Steps Toward Your Retirement Goals

What Should You Consider Today to Help You Move Forward?



Carl M. Trevisan, CFP®



Stephen M. Bearce

You want retirement to be your chance to get out of the rat race and have time for the things you've always wanted to do.

That's great, but what exactly does that mean? Traveling? Volunteering? Spending time with family and friends? Starting a business? Simply doing nothing?

You may think your plans are just like everyone else's, but that's unlikely. They're as unique as you.

As we'll discuss, exactly how you want to spend your time will definitely affect what you should be doing now to prepare for it. However, there are steps that everyone should consider taking today regardless of their retirement goals. Here are six of the most important steps to consider.

Have a Plan

If you haven't gathered your ideas about retirement together and distilled them into a cohesive investment plan, that's a great place to start. Or if you have a plan stuck in a drawer somewhere, you need to revisit it.

Whether you want to start a second career, travel the world, or just do nothing will make a big difference when it comes to what you'll need to cover your expenses. The better you can define precisely what your goals are and which are most and least important, the better your plan should be.

Asset allocation — how your investments are proportioned across different asset classes (stocks, bonds, cash alternatives, etc.) — should be at the heart of your plan. The allocation that's appropriate for you will vary depending on a variety of factors. Primarily, these are what you want your investments to help you achieve (objectives), how comfortable you are with market volatility (risk tolerance), and how long it will be before you plan to retire (time horizon).

Use Tax-Advantaged Accounts

Even if you don't have a retirement plan as such, chances are you have savings in employer-

sponsored qualified retirement plans, or QRP's, such as a 401(k) or 403(b) plan, or a traditional or Roth IRA.

If that's the case, good for you. These tax-advantaged accounts can be great ways to work toward your retirement goals because paying taxes each year on any growth, as you would with taxable accounts, can dramatically reduce the amount you end up with.

If you participate in a QRP and your employer offers a matching contribution, try to contribute at least as much as the match — otherwise, you are leaving free money on the table. If your employer doesn't offer a QRP or you're self-employed, look into opening an IRA.

Clean Up Your Accounts

Over the years, you may have accumulated a number of IRAs and QRP accounts with your current and past employers. Along with that, you may own taxable investments in different full-service and online accounts. And your spouse or partner may be in a similar situation.

Having a portfolio in pieces like this may make it more difficult for you to reach your retirement goals. Take time to figure out how many accounts you actually have, and consider the potential benefits of consolidating them, including helping you:

- Understand how your assets are allocated.
- Decide when it's time to rebalance.
- Know exactly what investments you own.
- Save time.
- Manage your beneficiary designations.

Try to Stay in the Market

When the market takes a big hit, you may be tempted to sell investments with the intention of getting back in when the things turn around. This practice, known as market timing, may sound good, but as we've all seen, the market can be extremely unpredictable, making success with this

strategy very difficult.

If you get out when the market's down, you could miss out on significant gains if it suddenly turns around before you get back in. And that can prove costly.

Rather than attempting to time the market, try to stick with your asset allocation when there's market volatility unless something major happens in your life (a birth, marriage, illness, divorce, etc.) that makes you want to change it.

In addition, consider rebalancing once a year by checking your accounts to see if market activity has shifted your investments away from your desired asset allocation. If it has, you may want to sell some investments and buy others to bring your accounts back into alignment.

Prepare for Emergencies

Events like a sudden job loss or unanticipated home repair can quickly derail your retirement plans. To help protect you and your family, consider keeping an emergency fund with enough money to cover three to six months of living expenses.

These funds should be held in a liquid but stable account, such as a bank savings account, so you can access them when needed and not have to worry about fluctuations in value.

Consider an Advisory Account

If you're not comfortable with or interested in managing your retirement savings, consider using an advisory account.

These accounts are run by professional money managers who choose the investments, make buy and sell decisions, and periodically readjust the holdings in the account to maintain your chosen asset allocation. Instead of paying commissions for trades in an advisory account, you are charged a management fee based on the value of the assets in your account. **FRA**

Investing involves risk, including the possible loss of principal. Asset allocation cannot eliminate the risk of fluctuating prices and uncertain returns. Diversification does not guarantee profit or protect against loss in declining markets. Stocks offer long-term growth potential but may fluctuate more and provide less current income than other investments. An investment in the stock market should be made with an understanding of the risks associated with common stocks, including market fluctuations.

Wells Fargo Advisors does not offer tax or legal advice.

This article was written by/for Wells Fargo Advisors and provided courtesy of Carl M. Trevisan, Managing Director-Investments and Stephen M. Bearce, First Vice President- Investments in Alexandria, VA at 800-247-8602.

Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company. © 2021 Wells Fargo Clearing Services, LLC. All rights reserved.

The Armed Forces Retirement Home

Affordable Independent Living for Eligible Veterans

The Armed Forces Retirement Home is an affordable retirement community for enlisted personnel, warrant officers, and limited duty officers who are ready for an independent lifestyle with the camaraderie they remember from their days in the military.



Warren Pospisil is a proud member of the FRA

New Welcoming Retired Reserves and National Guard Members!

Resident of AFRH-W since 2009

Now Accepting Applications for Washington, D.C. and Gulfport Miss.

<p>Services & Amenities</p> <ul style="list-style-type: none"> Medical, Dental, & Vision Care Private Room & Shower Occupational/Physical Therapy Secure Gated Community Dining Room & 3 Daily Meals Recreation & Social Activities Library & Computer Center Banking & Mail Room Services Campus NEX/PX & Canteen Swimming Pool & Fitness Center Beauty Salon & Barber Services Transportation Services 	<p>AFRH WELCOMES NONCOMMISSIONED VETERANS!</p> <p>Regular, Reserve, & Guard Members are eligible from the following categories:</p> <p>Retirees with Pay & Benefits</p> <p>Service-Connected Disabilities</p> <p>War Theater / Hostile Fire Pay</p> <p>WWII Women's Components</p>	<p>Gulfport, Miss:</p> <ul style="list-style-type: none"> Walking Path to Beach Outdoor Swimming Pool Ocean-view Balconies <p>Washington, D.C.:</p> <ul style="list-style-type: none"> 9-Hole Golf Course Stocked Fishing Ponds Scenic Wooded Walking Trails President Lincoln's Cottage
---	---	---

FOR MORE INFORMATION

Please Call **800.422.9988 Opt. 1**

admissions@afrh.gov | afrh.gov

3700 North Capitol St, NW, Washington, DC 20011



FRA Branch 159

Space City Branch & Unit
2800 E. Broadway
Suite C137
Pearland, TX 77581

Order Medals for your next Awards Ceremony

\$19.00 each



*Specify Ribbon Colors:
Blue & Gold/Red & Gold/White & Gold*

brucetalbotfra@outlook.com • (281) 489-9322

SHIP AND AIRCRAFT PHOTOS FOR SALE

Thousands of photos available pre-WWII to present.

Color: 8" x 10" - \$25.00 11" x 14" - \$40.00

Color Mode (made from B&W) Same Price As Color

Inquire about our Wooden Mounted "Plakits"

Send payment with order.... Check or Money Order. Credit card orders accepted.

ELSILRAC ENTERPRISES

PO Box 7109

Winter Haven, Florida 33883



Shipping & Handling included in price.



elsilracoi240@msn.com

WALK-IN BATHTUB SALE! SAVE \$1,500⁰⁰

American Standard Walk-In Tubs



ONE-TOUCH CONTROLS



HANDHELD SHOWER



LOW THRESHOLD



COMFORT & SAFETY



44 HYDROTHERAPY JETS

Lifetime Warranty—Finance Options Available*

✓ EXPERIENCE YOU CAN TRUST

Only American Standard has OVER 150 years of experience and offers the Liberation Walk-In Bathtub

✓ SUPERIOR DESIGN

Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience

✓ PATENTED QUICK DRAIN® TECHNOLOGY

✓ LIFETIME WARRANTY

The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard

✓ 44 HYDROTHERAPY JETS

More than any other tub we've seen



FREE

Savings include our own American Standard Right Height Toilet (\$500 VALUE)



FREE

An In-Home Evaluation will be scheduled at your earliest convenience

Limited Time Offer—Call Today!

855-371-5344

or visit AmericanStandardBath.com



Discount applied at time of purchase. Terms and Conditions Apply. *Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBath.com for other restrictions and for licensing, warranty, and company information. *CSLB B982796; Suffolk NY: 5543IH; NYC: HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

Postmaster: Send address changes to:
Member services
FRA
125 N. West Street
Alexandria, VA 22314-2754

Care for those who *served*

If you are a member of the Fleet Reserve Association through the Navy, Marines or Coast Guard, you and qualifying family members may be eligible for exclusive senior living discounts that can help you and your family get the care you deserve.

SENIOR LIVING:

7.5%
OFF

discount on
senior living*

PRIVATE DUTY:

10%
OFF

discount on private
duty home care**

RESPITE STAY:

Respite stay
discounts vary
by community***

Discounts are available to you and your family members, including spouses, parents, step-parents, siblings, in-laws, adult children, adult step-children, grandparents and step-grandparents.

► **For more information or to schedule your visit, call (844) 585-5502 today.**

* Discount is only applicable to new residents of a Brookdale independent living, assisted living or memory care community admitting under an executed residency agreement. Discount applies only to the monthly fee/basic service rate, excluding care costs and other fees and is calculated based on initial monthly fee/basic service rate.

** Discount is only applicable to a new client of personal assistance services by a Brookdale agency under an executed service agreement.

*** Discount is only applicable to new residents of a Brookdale assisted living or memory care community admitting under an executed respite agreement. Discount applies to the daily rate. Residents under a Life Care Agreement are not eligible for the discounts. These discounts do not apply to any room, board or services which are paid for all or in part by any state or federally funded program. Subject to availability. Further restrictions may apply.

